

MENS OUTDOOR TRACK + FIELD RECORDS | U16-OPEN

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TRACK EVENTS

100M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	10.91	PETER OGILVIE	75		VOCA	Springfield, OR	07.18.87
	U18	10.41	(+1.8) PETER OGILVIE	75		VOCA	Ottawa, ON	06.08.89
	U20	10.38	(+1.0) NATHAN TAYLOR	83		CXVC	London, ON	06.08.01
	U23	10.36	(0.6) JEROME BLAKE	95		OACS	Langley, BC	06.05.15
	OPEN	9.95	(0.4) JEROME BLAKE	95		OACS	Freeport, BHS	08.17.25
200M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	21.96	PETER OGILVIE	72		VOCA	Springfield, OR	07.19.87
	U18	20.94	PETER OGILVIE	72		VOCA	Provo, UT	05.27.89
	U20	20.62	(0.1) PETER OGILVIE	72		VOCA	Provo, UT	05.21.91
	U23	20.52	(1.7) CALLUM ROBINSON	01		UNBC	San Jose, CRC	01.23.23
	OPEN	19.95	(1.6) JEROME BLAKE	95		OACS	Ottawa, ON	08.03.25
300M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	35.49	JAKE HANNA	97		OATF	Charlottetown, PE	08.18.12
400M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	50.56	BENJAMIN AYESU-ATTAH	93		COQC	Kamloops, BC	07.13.08
	U18	46.49	SHANE NIEMI	78		KAML	Santiago, CHI	09.02.95
	U20	45.31	WILL FLOYD	04		UNBC	Langley, BC	07.14.23
	U23	44.93	WILL FLOYD	04		UNBC	Gainseville, FL	04.19.25
	OPEN	44.86	SHANE NIEMI	78		KAML	Ottawa, ON	07.21.01
800M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	1:55.51	KEVIN ROBINSON	68		VRTC	Eugene, OR	07.10.83
	U18	1:50.28	KEVIN ROBINSON	68		VRTC	Burnaby, BC	07.27.85
	U20	1:47.33	ZACH WITMARSH	77		VTFC	Sydney, AUS	08.24.96
	U23	1:44.49	MATTI ERICKSON	03		KCTC	Los Angeles, CA	07.12.25
	OPEN	1:43.68	GARY REED	81		PATH	Monaco, MON	07.29.08
1000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	2:44.22	JOEL HARRISON	99		LANG	Langley, BC	08.17.14
	U18	2:46.56	REUBEN ISAK	07		OATF	Langley, BC	06.10.23
	U20	2:23.35	JOSEPH KIBUR	72		PAAA	Victoria, BC	06.04.91
	U23	2:19.05	SIMON HOOGEWERF	63		KJAK	Nice, FRA	08.20.84
	OPEN	2:18.68	GARY REED	81		UNBC	Stockholm, SWE	08.07.07
1200M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	3:10.56	BRENDAN HOFF	98		UNBC	Surrey, BC	08.09.13
1500M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	4:01.36	MATTI ERICKSON	03		KCTC	Langley, BC	06.02.18
	U18	3:45.9h	RYAN HAYDEN	82		KJAK	Burnaby, BC	07.27.99
	U20	3:43.8h	RYAN HAYDEN	82		KJAK	Burnaby, BC	08.05.00
	U23	3:39.76	CHARLIE DANNAT	99		SFUT	Montreal, OC	06.29.21
	OPEN	3:34.41	KIERAN LUMB	98		TBIR	Renton, WA	06.08.25

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MILE	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	4:32.47	MATTI ERICKSON	03		KCTC	Portland, OR	06.11.17
	U18	4:06.92	RILEY SIMMONDS	08		VRTC	Eugene, OR	06.22.25
	U20	4:01.47	RYAN HAYDEN	82		KJAK	Philadephia, PA	05.14.01
	U23	3:58.27	RYAN HAYDEN	82		UNBC	Portland, OR	05.18.02
	OPEN	3:57.31	ALLAN KLASSEN	86		AITC	Eugene, OR	06.05.93
2000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	5:38.54	ARJUN SANDHU	08		TBIR	Sherbrooke, QC	08.13.23
	U18	5:38.54	ARJUN SANDHU	08		TBIR	Sherbrooke, QC	08.13.23
	U20	5:38.54	ARJUN SANDHU	08		TBIR	Sherbrooke, QC	08.13.23
	U23	5:38.54	ARJUN SANDHU	08		TBIR	Sherbrooke, QC	08.13.23
	OPEN	4:55.35	CAMERON LEVINS	89		UNBC	New York, NY	02.15.14
3000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	8:45.89	ARJUN SANDHU	08		TBIR	Langley, BC	06.10.23
	U18	8:21.69	CAIDEN LEE	05		OATF	Vancouver, BC	09.11.21
	U20	8:12.30	JESS SCHIEBLER	73		KJAK	Burnaby, BC	03.23.97
	U23	7:45.50	KIERAN LUMB	98		UBCT	Boston, MA	02.15.20
	OPEN	7:36.46	KIERAN LUMB	98		TBIR	Zagreb, CRO	09.10.23
5000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U20	14:13.34	TYLER DOZZI	99		UBCT	Corvallis, OR	04.28.18
	U23	13:40.30	CAMERON LEVINS	89		CXVC	Des Moines, IA	06.11.11
	OPEN	13:12.54	KIERAN LUMB	98		TBIR	Heusden, BEL	07.19.25
10000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U20	30:44.81	YEMANE MULUGETA	05		OATF	Langley, BC	06.23.23
	U23	28:17.55	KIERAN LUMB	98		UNBC	Burnaby, BC	11.21.20
	OPEN	27:07.51	CAMERON LEVINS	89		UNBC	Eugene, OR	05.29.15
100H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	0.84m	13.39 (0.2)	ANASTAS ELIOPOULOS	99	VOCA	Nanaimo, BC	07.20.14
110H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U18	0.91m	13.98 (0.5)	MIHAILO STEFANOVIC	96	NWSA	Donetsk, UKR	07.11.23
	U20	0.99m	13.36 (-0.6)	ANASTAS ELIOPOULOS	99	VOCA	Lima, PER	07.21.17
	U23	1.07m	13.69 (1.5)	MICHAEL SCHERK	05	UNBC	Walnut, CA	04.19.25
	OPEN	1.07m	13.57 (1.2)	TIM KROEKER	71	VOCA	Flagstaff, AZ	05.14.94
200H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	0.76m	24.40 (1.5)	JAKE HANNA	97	OATF	Charlottetown, PE	08.18.12
300H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	0.76m	39.62	THOMAS MA	03	VOCA	Coquitlam, BC	07.15.18
	U18	0.84m	38.02	JAKE HANNAH	97	OATF	Kamloops, BC	07.13.14

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400H	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U18	0.84m	53.02	JOSH GUGGENHEIMER	82		PGTF	Prince George, BC	08.15.98
	U20	0.91m	51.97	LLOYD GUS	59		KJAK	Etobicoke, ON	07.28.78
	U23	0.91m	51.22	JAMES KERR	05		UNBC	Marion, IN	05.23.25
	OPEN	0.91m	49.99	LAURIER PRIMEAU	70		TWUS	Flagstaff, AZ	07.13.98
1500SC	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	0.76m	0.00	THOMAS NOBBS	99		VOCA	Langley, BC	08.17.14
2000SC	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U18	0.84m	5:47.98	SEAN BERGMAN	98		OACS	Ste-Therese, QC	08.09.15
	U18	0.91m	5:44.23	CHRIS WINTER	86		NORW	Sherbrooke, QC	07.13.03
	U20	0.91m	5:44.23	CHRIS WINTER	86		NORW	Sherbrooke, QC	07.13.03
3000SC	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U18	0.91m	9:12.04	KYLE JOHNSON	95		CXVC	Bellingham, WA	05.04.12
	U20	0.91m	8:55.27	CHRIS WINTER	86		NORW	Burnaby, BC	06.14.05
	U23	0.91m	8:36.55	JOHN GAY	96		UBCT	Los Angeles, CA	05.18.17
	OPEN	0.91m	8:12.58	GRAEME FELL	59		TBIR	Koblenz, DEU	08.28.85
1500RW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16		6:41.40	TYLER WILSON	90		KJAK	Richmond, BC	06.12.05
3000RW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U18		13:22.0	TYLER WILSON	02		OATF	Sydney, NS	08.11.19
	U20		11:41.23	BENJAMIN THORNE	93		WALK	Surrey, BC	06.17.12
	U23		11:31.23	BENJAMIN THORNE	93		WALK	Surrey, BC	06.17.12
	OPEN		11:02.07	EVAN DUNFEE	90		KJAK	Burnaby, BC	07.15.25
5000RW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U18		22:45.56	EVAN DUNFEE	90		KJAK	Sherwood Park, AB	08.09.07
	U20		19:49.62	BENJAMIN THORNE	93		WALK	Coquitlam, BC	07.17.11
	U23		19:00.92	BENJAMIN THORNE	93		WALK	Vancouver, BC	04.05.14
	OPEN		18:33.68	EVAN DUNFEE	90		KJAK	Coquitlam, BC	06.02.24
10000RW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U18		47:18.40	ALGER LIANG	98		WLAK	Coquitlam, BC	06.14.15
	U20		42:56.82	EVAN DUNFEE	90		KJAK	Bydgoszcz, POL	07.11.08
	U23		39:55.52	EVAN DUNFEE	90		KJAK	Coquitlam, BC	07.15.12
	OPEN		38:08.50	EVAN DUNFEE	90		KJAK	Canberra, AUS	01.27.25
20000RW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U23		1:24:48.00	INAKI GOMEZ	88		WALK	Coquitlam, BC	06.22.10
	OPEN		1:24.46.07	BENJAMIN THORNE	93		WALK	El Cajon, CA	02.05.22
4 x 100M	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
			Researching...						
4 x 400M	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
			Researching...						

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4 X 800M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
Researching...								

JUMPING EVENTS

LONG JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	6.82	(1.6) JARED HELDMAN	92		VRTC	Gagetown, NB	08.12.07
	U18	7.25	SHANE NIEMI	78		KAML	Langley, BC	08.06.94
	U20	7.42	(1.8) AIDAN TURNER	05		KJAK	Long Beach, CA	04.13.24
	U23	7.55	(0.2) LYLE LO	05		KJAK	Vancouver, BC	03.30.25
	OPEN	7.80	MICHAEL MASON	48		VOCA	Walnut, CA	04.29.71

TRIPLE JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	13.82	(1.1) PRAISE ANIAMAKA	03		UATH	Brandon, MB	08.12.18
	U18	14.93	(-2.6) PRAISE ANIAMAKA	03		TBIR	Montreal, QC	07.28.19
	U20	15.58	(0.9) PRAISE ANIAMAKA	03		TBIR	Langley, BC	06.26.22
	U23	16.94	(1.9) PRAISE ANIAMAKA	03		TBIR	Luque, PAR	08.22.25
	OPEN	16.94	(1.9) PRAISE ANIAMAKA	03		TBIR	Luque, PAR	08.22.25

HIGH JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	1.98	CAIDYN MAVER	06		OATF	Langley, BC	07.25.21
	U18	2.17	DJANGO LOVETT	92		VRTC	SudtiroI, ITA	07.12.09
	U20	2.20	MICHAEL MASON	86		VRTC	Nashville, TN	05.14.05
	U23	2.27	MICHAEL MASON	86		VRTC	Windsor, ON	07.15.07
	OPEN	2.33	MICHAEL MASON	86		VRTC	Eberstadt, GER	08.02.15

POLE VAULT	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	4.00T	AIDAN TURNER	05		KJAK	Abbotsford, BC	10.17.20
	U16	4.00T	TYLER HVIDSTON	09		PETF	Calgary, AB	08.09.24
	U18	4.85	AIDAN TURNER	05		KJAK	Langley, BC	06.11.22
	U20	4.85	AIDAN TURNER	05		KJAK	Langley, BC	06.11.22
	U23	5.30	RYAN VU	88		UNBC	Austin, TX	05.29.10
	OPEN	5.50	ROB PIKE	70		LANG	Calgary, AB	07.30.01

THROWING EVENTS

SHOT PUT	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	4.00K	18.70	DELORE LAKUSTA	68	SFTC	Maple Ridge, BC	07.31.83
	U18	5.00K	20.59	MICHAEL OGBEIWI	04	SOSA	Kamloops, BC	10.23.21
	U20	6.00K	18.17	DRUV SOBTI	01	KJAK	Kamloops, BC	07.03.19
	U20	7.26K	18.07	DYLAN ARMSTRONG	81	KAML	College Station, TX	05.19.01
	U23	7.26K	18.07	DYLAN ARMSTRONG	81	KAML	College Station, TX	05.19.01
	OPEN	7.26K	22.21	DYLAN ARMSTRONG	81	KAML	Calgary, AB	06.25.11

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DISCUS THROW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	1.00K	60.58	MICHAEL OGBEIWI	04		SOSA	Kamloops, BC	08.17.19
	U18	1.50K	57.67	ADAM KEENAN	93		PATH	Duncan, BC	06.13.10
	U20	1.75K	54.00	MATTHEW ULIANA	04		TBIR	Richmond, BC	05.23.21
	U20	2.00K	54.60	DYLAN ARMSTRONG	81		KAML	Montreal, QC	07.18.00
	U23	2.00K	59.42	JEREMIAH NUBBE	03		KAML	Austin, TX	04.27.24
	OPEN	2.00K	60.96	DARIUSZ SLOWIK	77		KJAK	Windsor, ON	07.15.07

HAMMER THROW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	4.00K	69.99	KIAN ZABIHI	05		KAML	Kamloops, BC	08.17.19
	U18	5.00K	73.14	MATTHEW ULIANA	04		TBIR	Kamloops, BC	09.19.21
	U20	6.00K	77.97	ETHAN KATZBERG	02		KAML	Kamloops, BC	05.23.21
	U20	7.26K	70.66	DYLAN ARMSTRONG	81		KAML	Flagstaff, AZ	07.03.00
	U23	7.26K	84.38	ETHAN KATZBERG	02		KAML	Nairobi, KEN	04.20.24
	OPEN	7.26K	84.70	ETHAN KATZBERG	02		KAML	Tokyo, JPN	09.16.25

JAVELIN THROW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	600G	72.96	TRAVIS HARFIELD	07		AVIC	Victoria, BC	08.17.19
OLD SPEC	U18	700G	76.82	TRAVIS HARFIELD	07		AVIC	Victoria, BC	07.16.23
	U18	700G	60.92	TYSON SERVOS	08		CXVC	Comox, BC	11.01.25
	U20	800G	73.50	CODY PARKER	92		CXVC	Miramar, FL	07.23.11
	U23	800G	78.32	CURTIS MOSS	87		TBIR	Copenhagen DEN	08.06.09
	OPEN	800G	81.21	CURTIS MOSS	87		KJAK	Victoria, BC	06.13.12

COMBINED EVENTS

PENTATHLON	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16		3417	JASPER SCHIEDEL	98		VOCA	Surrey, BC	06.22.13
				14.17 (0.1) / 1.67m / 5.76m (-2.2) / 11.73m / 2:45.48					

DECATHLON	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U18		6817	AIDAN TURNER	05		KJAK	Langley, BC	06.04.22
				10.88 (2.1) / 6.43m (-1.1) / 12.65m / 1.76m / 52.15 / 14.80 (1.5) / 33.81m / 46.10m / 5:11.96					
	U20		7309	NATE PARIS	04		NTFC	Cali, COL	07.23.11
				10.56 (0.9) / 7.11m (-0.9) / 11.72m / 2.05m / 48.08 / 14.80 (-0.4) / 35.58m / 3.90m / 46.47m / 4:55.12					
	U23		7601	JAMES TURNER	95		OACS	San Salvador, ESA	07.17.16
				11.08 (-0.4) / 7.03m (1.1) / 13.11m / 1.91m / 48.97 / 15.85 (0.1) / 45.40m / 4.60m / 57,60m / 4:43.28					
	OPEN		7797	GORDON ORLIKOW	60		UNBC	Gotzis, AUT	05.24.87
				10.81 (1.7) / 7.17m (-0.9) / 13.39m / 1.84m / 48.31 / 14.48 (1.6) / 40.34m / 4.60m / 50.30m / 4:26.05					

MENS OUTDOOR TRACK + FIELD RECORDS | PARA

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TRACK EVENTS

100M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	T11	12.31	(1.4) DUSTIN WALSH	83		LANG	Burnaby, BC	05.29.12
	T12	11.52	(0.7) DAVID JOHNSON	99		UNBC	Ottawa, ON	08.01.25
	T13	11.22	(1.2) BRAEDON DOLFO	93		LANG	Lyon, FRA	07.24.13
	T20	24.96	(-2.4) GES BUSHE	01		HHAC	Langley, BC	06.02.18
	T33	29.30	(-2.0) ALVIN LEE	73		WCRS	Nanaimo, BC	05.29.11
	T34	16.31	(1.5) NATHAN DEWITT	90		WCRS	Arbon, SUI	06.04.15
	T47	11.67	(1.1) THOMAS NORMANDEAU	96		UNBC	Mesa, AZ	04.22.22
	T51	19.63	(-0.3) CODY FOURNIE	89		UNBC	Paris, FRA	09.06.24
	T52	20.09	(1.1) CODY FOURNIE	89		UNBC	Victoria, BC	05.11.25
	T53	17.27	(0.7) SEDRICK SKABAR	93		WCRS	Arbon, SUI	05.28.17
	T54	16.85	(0.8) TRISTAN SMYTH	86		WCRS	Coquitlam, BC	06.28.17
	T63	19.97	(0.0) MANJOT DHINDSA	98		UNBC	Dubai, UAE	03.24.22

200M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	T11	24.19	(-0.2) DUSTIN WALSH	83		LANG	Edmonton, AB	07.05.15
	T12	23.55	(0.1) DAVID JOHNSON	99		UNBC	Utrecht, NED	05.12.23
	T13	23.00	(0.0) BRAEDON DOLFO	93		LANG	Coquitlam, BC	08.15.12
	T20	23.54	(-0.3) HOLDEN GILL	94		UNBC	Calgary, AB	05.12.19
	T34	29.88	(1.9) NATHAN DEWITT	90		WCRS	Arbon, SUI	06.04.15
	T51	37.64	(-0.7) CODY FOURNIE	89		UNBC	Paris, FRA	09.03.24
	T52	37.35	(-0.6) CODY FOURNIE	89		UNBC	Arbon, SUI	06.01.25
	T53	30.84	(-0.9) SEDRICK SKABAR	93		WCRS	Arbon, SUI	05.28.17
	T54	29.07	(-0.7) TRISTAN SMYTH	86		WCRS	Coquitlam, BC	06.08.14

400M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	T11	53.00	DUSTIN WALSH	83		LANG	Coquitlam, BC	06.09.13
	T12	51.38	DAVID JOHNSON	99		UNBC	San Diego, CA	03.23.24
	T13	59.47	MICHAEL PING	93		COQC	Coquitlam, BC	06.10.12
	T20	52.23	HOLDEN GILL	94		UNBC	Calgary, AB	05.12.19
	T34	1:00.30	NATHAN DEWITT	90		WCRS	Arbon, SUI	06.07.15
	T37	54.18	LIAM STANLEY	97		PIHR	Dubai, UAE	09.11.19
	T38	55.40	LIAM STANLEY	97		PIHR	Coquitlam, BC	06.02.24
	T47	49.86	THOMAS NORMANDEAU	96		UNBC	Azusa, CA	05.15.21
	T51	2:53.79	AL WILSON	76		WCRS	Victoria, BC	05.08.22
	T52	1:26.19	JAMES HUSTVEDT	69		WCRS	Abbotsford, BC	07.18.10
	T53	58.22	SEDRICK SKABAR	93		WCRS	Arbon, SUI	05.28.17
	T54	49.05	TRISTAN SMYTH	86		WCRS	Quebec City, QC	07.13.18

800M	CAT	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	T11	2:09.22	DUSTIN WALSH	83		LANG	Moncton, NB	06.28.14
	T12	2:10.71	DAVID JOHNSON	99		VICS	Victoria, BC	05.08.16
	T13	2:16.89	MICHAEL PING	93		COQC	Vancouver, BC	03.30.13
	T20	1:53.71	MICHAEL BARBER	00		PIHR	Toronto, ON	07.21.24
	T34	2:05.03	NATHAN DEWITT	90		WCRS	Sherbrooke, QC	06.19.16
	T37	1:59.26	LIAM STANLEY	97		PIHR	Kamloops, BC	07.10.22
	T38	1:52.00	NATE TUCKER	95		UNBC	Victoria, BC	06.16.22
	T52	2:59.18	JAMES HUSTVEDT	69		WCRS	Victoria, BC	05.08.11

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800M cont.	CAT	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	T53	1:57.98	SEDRICK SKABAR	93		WCRS	Nottwil, SUI	06.02.17
	T54	1:35.30	TRISTAN SMYTH	86		WCRS	Arbon, SUI	06.02.19

1500M	CAT	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	T20	3:57.80	MICHAEL BARBER	00		PIHR	Loughborough, GBR	08.09.23
	T34	4:15.65	NATHAN DEWITT	90		WCRS	Coquitlam, BC	06.10.12
	T37	4:03.25	LIAM STABLEY	97		PIHR	Burnaby, BC	05.14.22
	T38	3:47.99	NATE TUCKER	95		UNBC	Portland, OR	05.29.21
	T52	5:51.06	JAMES HUSTVEDT	69		WCRS	Victoria, BC	06.08.11
	T53	3:44.48	SEDRICK SKABAR	93		WCRS	Arbon, SUI	05.28.17
	T54	2:55.12	TRISTAN SMYTH	86		WCRS	Quebec City, QC	07.16.21

3000M	CAT	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	T13	9:42.00	RYAN OLLIS	80		NORW	Langley, BC	01.01.01
	T20	9:138h	MICHAEL BARBER	00		PIHR	Victoria, BC	11.17.17
	T38	8:37.90	NATE TUCKER	95		UNBC	Victoria, BC	12.11.20
	T54	10:05.34	TRISTAN SMYTH	86		WCRS	Dubai, UAE	03.19.18

5000M	CAT	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	T20	15:39.20	MICHAEL BARBER	00		PIHR	Victoria, BC	03.05.22
	T37	15:39.08	LIAM STANLEY	97		PIHR	Victoria, BC	03.05.22
	T38	15:00.42	NATE TUCKER	95		UNBC	Victoria, BC	03.27.21

JUMPING EVENTS

LONG JUMP	CAT	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	T12	6.17	(0.0) BRAEDON DOLFO	93		LANG	Burnaby, BC	06.05.10
	T13	6.43	(0.4) BRAEDON DOLFO	93		LANG	Vancouver, BC	04.20.15
	T20	3.85	(-0.1) SIMON PHIPPS	93		RPDE	Victoria, BC	05.11.14

HIGH JUMP	CAT	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	T12	1.80	BRAEDON DOLFO	93		LANG	Coquitlam, BC	06.13.10
	T13	1.82	BRAEDON DOLFO	93		LANG	Christchurch, NZL	01.28.11

THROWING EVENTS

SHOT PUT	CAT	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	F11	7.26K	4.07	DUSTIN WALSH	83	LANG	Burnaby, BC	05.26.12
	F34	4.00K	7.73	EDDY SOLLA	95	WCRS	Ottawa, ON	07.04.18
	F37	5.00K	6.54	MATTHEW ELFORD	86	WCRS	Coquitlam, BC	07.17.11
	F46	6.00K	16.75	GREG STEWART	86	KAML	Tokyo, JPN	09.01.21
	F52	2.00K	6.04	ANDREW DAVIS	73	WCRS	Sherbrooke, QC	08.16.13
	F53	3.00K	5.90	SEDRICK SKABAR	93	WCRS	Tempe, AZ	05.14.16
	F54	4.00K	6.39	SEDRICK SKABAR	93	WCRS	Langley, BC	06.29.15
	F55	4.00K	6.07	DARYL YUEN	89	BCWS	Coquitlam, BC	07.06.25
	F57	4.00K	9.83	DAKOTA DARLING	90	WCRS	Ottawa, ON	07.04.18
	F58	5.00K	6.89	JAMES WATERLOW	81	WCRS	Mississauga, ON	05.12.12

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CLUB THROW	CAT		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	F32	397G	12.21	SHAUN MCKENZIE	71		WCRS	Coquitlam, BC	07.17.11
	F51	397G	17.20	RYAN SCHWEIZER	75		WCRS	Surrey, BC	06.28.16

DISCUS THROW	CAT		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	F11	2.00K	26.59	NESS MURBY	85		KJAK	Lethbridge, AB	05.18.24
	F34	1.00K	24.12	EDDY SOLLA	95		WCRS	Montreal, QC	07.25.19
	F42	1.50K	23.74	GRAHAM GISKE	84		NTFC	Edmonton, AB	07.02.15
	F46	1.50K	41.75	GREG STEWART	86		UNBC	Calgary, AB	05.28.17
	F51	1.00K	5.29	SHAUN MCKENZIE	71		WCRS	Nanaimo, BC	05.24.15
	F52	1.00K	11.17	PETER ISHERWOOD	77		WCRS	Ottawa, ON	07.04.17
	F53	1.00K	16.04	SEDRICK SKABAR	93		WCRS	Edmonton, AB	07.04.15
	F54	1.00K	16.85	SEDRICK SKABAR	93		WCRS	Coquitlam, BC	06.14.15
	F55	1.00K	21.66	DARYL YUEN	89		BCWS	Coquitlam, BC	07.06.25
	F57	1.00K	33.50	DAKOTA DARLING	90		WCRS	Coquitlam, BC	06.10.18
	F58	1.00K	24.43	JAMES WATERLOW	81		WCRS	Nanaimo, BC	05.27.12

JAVELIN THROW	CAT		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	F34		23.28	EDDY SOLLA	95		WCRS	Coquitlam, BC	06.10.18
	F42		22.72	GRAHAM GISKE	85		NTFC	Edmonton, AB	07.02.15
	F53		14.34	SEDRICK SKABAR	93		WCRS	Edmonton, AB	07.04.15
	F55		18.27	DARYL YUEN	89		WCRS	Coquitlam, BC	06.10.18
	F57		33.50	DAKOTA DARLING	90		WCRS	Coquitlam, BC	06.10.18
	F58		17.80	JAMES WATERLOW	81		WCRS		06.17.12

COMBINED EVENTS

PENTATHLON	CAT		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	P11		1367	DUSTIN WALSH	83		LANG	Burnaby, BC	05.26.12
				(researching...)					
	P13		2050	JASON DELESSALE	72		UNBC	Atlanta, GA	08.22.96
				(researching...)					

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TRACK EVENTS

100M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	10.9(h)	HAROLD MORIOKA	43	35	GREY	Vancouver, BC	06.17.78
	M40	11.10	(2.0) DAVID LEE PROVO	62	40	UNBC	Richmond, BC	08.16.03
	M45	11.11	HAROLD MORIOKA	43	45	GREY	Toronto, ON	08.27.88
	M50	11.62	(1.1) TOM DICKSON	53	51	VRTC	Calgary, AB	07.17.04
	M55	12.01	(-1.4) TOM DICKSON	53	57	VRTC	Sacramento, CA	07.23.10
	M60	12.10	(1.9) TOM DICKSON	53	61	VRTC	Pasadena, CA	06.21.14
	M65	12.95	(-0.1) TOM DICKSON	53	66	VRTC	Surrey, BC	07.09.19
	M70	13.14	(1.2) TOM DICKSON	53	70	VRTC	Langley, BC	08.11.23
	M75	14.51	(1.7) NORM LESAGE	29	77	GREY	St. George, UT	10.10.07
	M80	15.70	(0.0) NORM LESAGE	29	82	GREY	Kamloops, BC	05.19.12
	M85	18.00	(-1.0) NORM LESAGE	29	85	GREY	Surrey, BC	04.25.15
	M90	22.86	(0.0) JOE GIEGERICH	32	90	NTFC	Surrey, BC	08.13.22
	M95	1:18.82	(-0.2) WILLIAM FALCONER	20	95	UNBC	Burnaby, BC	08.27.15
	M100	1:25.21	(-0.9) NIHAL GILL	18	101	UNBC	Vancouver, BC	08.29.16

200M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	22.3 (h)	HAROLD MORIOKA	43	36	GREY	Surrey, BC	07.08.79
	M35	23.4	(0.6) BRIAN CARNATE	77	39	GREY	Aukland, NZL	04.25.17
	M40	22.47	(-2.1) DAVID LEE PROVO	62	40	UNBC	Richmond, BC	08.17.03
	M45	23.26	(0.1) DAVID LEE PROVO	62	47	UNBC	Sydney, AUS	10.18.09
	M50	23.72	HAROLD MORIOKA	43	51	GREY	Eugene, OR	06.26.94
	M55	24.44	(1.3) HAROLD MORIOKA	43	56	GREY	Gateshead, GBR	08.03.99
	M60	25.36	(1.4) HAROLD MORIOKA	43	60	GREY	Eugene, OR	06.22.03
	M65	27.78	(-1.5) TOM DICKSON	53	66	VRTC	Seattle, WA	08.10.19
	M70	29.26	(0.7) TOM UKONMAANAHO	44	73	PGTF	Surrey, BC	08.05.18
	M75	29.51	(-1.6) NORM LESAGE	29	75	GREY	Langley, BC	06.18.05
	M80	33.61	(-0.6) NORM LESAGE	29	81	GREY	Burnaby, BC	07.10.11
	M85	39.17	(-1.5) KARL MEY	36	85	GREY	Tampere, FIN	07.03.22
	M90	50.19	(0.0) JOE GIEGERICH	32	90	NTFC	Surrey, BC	08.14.22

400M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	49.3(h)	HAROLD MORIOKA	43	35	GREY	Victoria, BC	06.24.78
	M35	49.52	HAROLD MORIOKA	43	36	GREY	Vancouver, BC	06.22.79
	M40	50.52	HAROLD MORIOKA	43	42	GREY	Rome, ITA	06.28.85
	M45	50.6	HAROLD MORIOKA	43	46	GREY	Eugene, OR	08.05.89
	M50	51.7	HAROLD MORIOKA	43	51	GREY	Eugene, OR	06.21.03
	M55	53.3(h)	HAROLD MORIOKA	43	56	GREY	Burnaby, BC	07.06.99
	M55	53.61	HAROLD MORIOKA	43	56	GREY	Eugene, OR	06.19.99
	M60	55.04	HAROLD MORIOKA	43	60	GREY	Eugene, OR	06.21.03
	M65	1:03.86	REIDAR ZAPF-GILJE	51	65	GREY	Vernon, BC	09.13.17
	M70	1:07.47	ANDY AADMI	35	73	UNBC	Burnaby, BC	08.05.09
	M75	1:10.54	ANDY AADMI	35	75	UNBC	Sacramento, CA	07.16.11
	M80	1:22.01	KARL MEY	36	81	GREY	Surrey, BC	08.04.18
	M85	1:32.68	KARL MEY	36	85	GREY	Surrey, BC	08.21.21
	M90	2:12.03	HARRY THOMPSON	22	90	UNBC	Kamloops, BC	05.18.13

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800M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	1:54.02	MARK KNOOP	67	39	UNBC	Victoria, BC	06.06.17
	M40	1:55.40	MARK KNOOP	67	40	UNBC	Richmond, BC	06.03.07
	M45	2:00.24	WARREN MCCULLOCH	66	45	GREY	Coquitlam, BC	07.17.11
	M50	2:01.26	HAROLD MORIOKA	43	50	GREY	Coquitlam, BC	06.13.93
	M55	2:07.1(h)	HAROLD MORIOKA	43	56	GREY	Burnaby, BC	06.29.99
	M60	2:10.77	MARK PINCKARD	60	61	OATF	Surrey, BC	08.22.21
	M65	2:24.20	REIDAR ZAPF-GILJE	51	65	GREY	Toronto, ON	08.13.17
	M70	2:39.78	JOE GIEGERICH	32	70	NTFC	Toronto, ON	04.14.02
	M75	2:50.50	MARK STEWART	44	76	GREY	Surrey, BC	09.12.20
	M80	3:11.37	MARK STEWART	44	80	GREY	Coquitlam, BC	08.04.24
	M85	3:54.86	KARL MEY	36	85	GREY	Tampere, FIN	07.01.22
	M90	5:07.40	HARRY THOMPSON	22	90	UNBC	Kamloops, BC	08.21.13
1500M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	3:45.2(h)	PAUL WILLIAMS	56	35	UNBC	Abbotsford, BC	05.27.92
	M40	4:01.50	BARRY ADAMS	42	41	UNBC	San Juan, PUR	09.29.83
	M40	4:01.4(h)	MIKE CREERY	48	40	UNBC	Victoria, BC	05.21.88
	M45	4:12.3(h)	MIKE CREERY	48	45	UNBC	Eugene, OR	06.13.93
	M50	4:20.81	CRAIG MACLEAN	71	52	UNBC	Seattle, WA	06.26.24
	M55	4:25.70	DAVID GUSS	60	58	KRCC	Kelowna, BC	06.30.19
	M60	4:33.19	MARK PINCKARD	60	61	OATF	Tampere, FIN	07.07.22
	M65	5:01.46	HERB PHILLIPS	40	66	UNBC	Burnaby, BC	08.01.06
	M70	5:20.57	HERB PHILLIPS	40	70	UNBC	Sacramento, CA	07.25.10
	M75	5:56.11	HERB PHILLIPS	40	75	UNBC	Burnaby, BC	08.28.15
	M80	6:28.10	PAT HARTON	41	81	UNBC	Victoria, BC	09.15.22
	M85	7:59.56	MAURICE TARRANT	30	85	UNBC	Victoria, BC	06.16.15
	M90	10:27.28	HARRY THOMPSON	22	90	UNBC	Kamloops, BC	05.18.13
MILE	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	4:14.7(h)	BARRY ADAMS	42	39	UNBC	Vancouver, BC	08.08.81
	M40	4:15.85	GRAEME FELL	59	41	KJAK	San Francisco, CA	10.29.00
	M45	4:38.46	MIKE CREERY	48	45	UNBC	Port Alberni, BC	06.01.93
	M50	4:35.89	COLIN DIGNUM	66	50	UNBC	Eugene, OR	06.12.16
	M55	4:50.34	DAVID GUSS	60	58	KRCC	Kelowna, BC	05.14.19
	M60	4:54.90	DAVID GUSS	60	60	KRCC	Kelowna, BC	08.07.21
	M65	5:29.0	HERB PHILLIPS	40	65	UNBC	Burnaby, BC	08.09.05
	M70	5:48.6 (h)	HERB PHILLIPS	40	70	UNBC	Victoria, BC	07.17.10
	M75	6:57.4	HUGH CLIFFORD	07	78	UNBC	Burnaby, BC	06.18.85
	M80	7:15.0 (h)	MAURICE TARRANT	30	80	UNBC	Victoria, BC	07.17.10
3000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	8:09.27	GRAEME FELL	59	39	KJAK	Richmond, BC	05.23.98
	M40	8:45.4(h)	MIKE CREERY	48	40	UNBC	Victoria, BC	05.06.88
	M45	8:56.62	ROB LONERGAN	59	47	UNBC	Burnaby, BC	07.11.06
	M50	9:16.10	CRAIG MACLEAN	71	54	UNBC	Coquitlam, BC	08.17.25
	M55	9:44.20	DAVID GUSS	60	57	KRCC	Langley, BC	06.16.18
	M60	9:52.30	DAVID GUSS	60	60	KRCC	Surrey, BC	08.22.21
	M65	10:36.2(h)	MAURICE TARRANT	30	65	UNBC	Victoria, BC	05.07.95
	M70	11:11.88	HERB PHILLIPS	40	70	UNBC	Burnaby, BC	07.27.10
	M75	12:19.17	MAURICE TARRANT	40	75	UNBC	Victoria, BC	05.15.05

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3000M cont.	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M80	14:07.0(h)	MAURICE TARRANT	40	80	UNBC	Victoria, BC	05.15.10
	M85	17:01.99	MAURICE TARRANT	40	85	UNBC	Victoria, BC	05.30.15
	M90	22:08.45	HARRY THOMPSON	22	91	UNBC	Kelowna, BC	06.28.14
5000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	14:01.54	PAUL WILLIAMS	56	35	UNBC	Portland, OR	05.24.91
	M40	14:47.2(h)	MIKE CREERY	48	40	UNBC	(researching...)	05.28.88
	M45	15:22.4 (h)	COLIN DIGNUM	66	45	UNBC	Victoria, BC	06.19.11
	M50	15:49.60	COLIN DIGNUM	66	50	UNBC	Bellingham, WA	04.30.16
	M55	16:30.97	DAVID GUSS	60	58	KRCC	Kelowna, BC	06.29.19
	M60	17:10.99	DAVID GUSS	60	60	KRCC	Kelowna, BC	10.20.21
	M65	18:30.06	HERB PHILLIPS	40	66	UNBC	Burnaby, BC	07.25.10
	M70	19:29.08	HERB PHILLIPS	40	70	UNBC	Sacramento, CA	07.22.10
	M75	20:51.35	HERB PHILLIPS	40	75	UNBC	Burnaby, BC	08.26.15
	M80	24:16.4(h)	MAURICE TARRANT	40	80	UNBC	Victoria, BC	08.21.10
	M85	30:12.55	MAURICE TARRANT	40	85	UNBC	Burnaby, BC	08.26.15
	M90	52:49.87	LES LEYLAND	17	90	UNBC	Riccione, ITA	09.07.07
10000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	29:01.67	PAUL WILLIAMS	59	35	UNBC	Barcelona, ESP	07.31.92
	M40	31:03.64	JIM FINLAYSON	75	41	UNBC	Victoria, BC	06.07.14
	M45	31:55.92	BRUCE DEACON	66	46	PIHR	Victoria, BC	08.31.13
	M50	34:18.01	HERB PHILLIPS	40	51	UNBC	Richmond, BC	07.03.92
	M55	35:19.0(h)	HERB PHILLIPS	40	57	UNBC	Burnaby, BC	07.22.97
	M60	35:50.3(h)	DAVID GUSS	60	60	KRCC	Vancouver, BC	10.02.21
	M65	38:31.84	MAURICE TARRANT	40	66	UNBC	Victoria, BC	08.09.96
	M70	40:02.31	HERB PHILLIPS	40	70	UNBC	Sacramento, CA	07.24.10
	M75	47:39.7(h)	HUGH CLIFFORD	07	75	UNBC	Richmond, BC	08.22.81
	M80	55:42.19	LES LEYLAND	17	80	UNBC	Durban, RSA	07.19.97
80H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M70	0.76m 15.23	(0.0) REIDAR ZAPF-GILJE	51	70	GREY	Surrey, BC	08.13.22
	M75	0.76m 17.62	(-0.8) HARDEV SANDHU	49	75	GREY	Coquitlam, BC	08.04.24
	M80	0.76m 18.58	(-1.4) LYNN THOMPSON	39	80	UNBC	Kelowna, BC	09.14.19
	M85	0.76m 20.21	(-0.8) LYNN THOMPSON	39	85	UNBC	Coquitlam, BC	08.04.24
100H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M50	0.91m 14.70	(0.9) LUIZ BALCERS	73	50	GREY	Burnaby, BC	07.07.24
	M55	0.91m 16.69	(1.3) WARREN HAMILL	46	56	UNBC	Toronto, ON	07.13.02
	M60	0.84m 17.24	(-2.3) WARREN HAMILL	46	60	UNBC	Langley, BC	06.17.06
	M65	0.84m 17.80	(1.1) REIDAR ZAPF-GILJE	51	65	GREY	Burnaby, BC	07.01.17
110H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	0.99m 14.92	(0.6) DOUG MCLAREN	76	36	UNBC	Burnaby, BC	07.07.12
	M40	0.99m 15.49	(0.0) TIM KROEKER	71	40	UNBC	Langley, BC	06.18.11
	M45	0.99m 18.51	(0.0) PETE PRETORIUS	66	48	GREY	Burnaby, BC	07.05.14
200H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M80	0.69m 40.51	LYNN THOMPSON	39	80	UNBC	Kelowna, BC	09.11.19
	M85	0.69m 47.53	LYNN THOMPSON	39	85	UNBC	Coquitlam, BC	08.04.24

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300H	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M60	0-.76m	45.33	HAROLD MORIOKA	43	60	GREY	Carolina, PUR	07.05.03
	M65	0.76m	50.02	JESS BREWER	46	65	NTFC	Sacramento, CA	07.11.11
	M70	0.69m	54.15	HAROLD MORIOKA	43	70	GREY	Kamloops, BC	05.18.13
	M75	0.69m	55.87	ANDY AADMI	35	75	UNBC	Sacramento, CA	07.11.11

400H	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	0.91m	1:10.24	TREVOR WIGHT	74	35	VRTC	Kamloops, BC	07.19.09
	M40	0.91m	57.3(h)	HAROLD MORIOKA	43	41	GREY	Burnaby, BC	07.11.84
	M45	0.91m	59.33	HAROLD MORIOKA	43	45	GREY	Orlando, FL	08.04.88
	M50	0.84m	58.82	HAROLD MORIOKA	43	51	GREY	Eugene, OR	08.13.94
	M55	0.84m	1:03.03	HAROLD MORIOKA	43	57	GREY	Kamloops, BC	08.19.00

2000SC	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M60		7:08.81	DAVID GUSS	60	60	KRCC	Surrey, BC	08.22.21
	M65		7:52.04	REIDAR ZAPF-GILJE	51	65	GREY	Burnaby, BC	07.08.17
	M70		8:54.20	REIDAR ZAPF-GILJE	51	71	GREY	Langley, BC	08.12.23
	M75		13:21.07	ARTHUR GEE	44	77	GREY	Surrey, BC	08.22.21
	M80		15:52.88	ARTHUR GEE	44	80	GREY	Burnaby, BC	07.07.24

3000SC	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35		8:24.74	GRAEME FELL	59	36	KJAK	Gothenburg, SWE	08.09.95
	M40		9:56.0(h)	DON TRETHEWEY	37	42	UNBC	Burnaby, BC	07.07.79
	M45		10:15.7(h)	DON TRETHEWEY	37	45	UNBC	Ottawa, ON	08.15.82
	M50		11:24.20	DAVE CRESSMAN	68	50	UNBC	Coquitlam, BC	06.01.19
	M55		11:32.12	DAVID GUSS	60	57	KRCC	Kelowna, BC	06.29.18

1500RW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35		6:44.70	HEATH SEMENIUK	87	35	UNBC	Langley, BC	08.12.23
	M40		6:13.49	DMITRY BABENKO	73	44	UNBC	Toronto, ON	08.12.17
	M45		6:18.02	DMITRY BABENKO	73	45	UNBC	Surrey, BC	08.04.18
	M50		6:28.95	DMITRY BABENKO	73	51	UNBC	Cleveland, OH	07.15.24
	M55		7:12.98	GERALD DRAGOMIR	51	57	WALK	Kamloops, BC	07.18.09
	M60		9:56.18	BOB CURRIE	52	64	UNBC	Vernon, BC	09.14.17
	M65		9:43.03	JIM JOHNSON	50	68	UNBC	Cranbrook, BC	09.14.18
	M70		10:04.12	BOB CURRIE	52	71	UNBC	Tumwater, WA	07.27.24
	M75		10:25.35	ALAN VYSE	42	76	UNBC	Cranbrook, BC	09.14.18
	M80		10:09.16	ERNEST KURTZ	43	81	UNBC	Burnaby, BC	07.06.24
	M85		13:24.81	HUGO HESS	30	88	UNBC	Cranbrook, BC	09.14.18

MILE RW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M40		6:35.15	DMITRY BABENKO	73	44	UNBC	Coquitlam, BC	06.28.17
	M45		7:01.70	DMITRY BABENKO	73	47	UNBC	Surrey, BC	09.12.20
	M50		6:56.30	DMITRY BABENKO	73	51	UNBC	W. Long Beach, NJ	06.02.24

3000RW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35		13:49.52	DMITRY BABENKO	73	39	UNBC	Langley, BC	06.15.12
	M40		12:57.03	DMITRY BABENKO	73	44	UNBC	Langley, BC	06.16.17
	M45		12:58.99	DMITRY BABENKO	73	45	UNBC	Langley, BC	06.16.18
	M50		13:35.12	DMITRY BABENKO	73	51	UNBC	Cleveland, OH	07.17.24
	M60		16:11.89	GERRY DRAGOMIR	51	60	WALK	Langley, BC	06.15.12

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3000RW cont.	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M65	21:13.38	HARNEK TOOR	46	68	ULTR	Kelowna, BC	06.27.14
	M70	20:39.30	JIM DYER	42	72	GREY	Langley, BC	06.19.15
	M75	27:22.35	MAC MCNAIR	36	79	UNBC	Langley, BC	06.19.15
	M80	21:06.88	DON CURRIE	34	80	UNBC	Kelowna, BC	06.27.14
5000RW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	25:25.04	HEATH SEMENIUK	87	35	UNBC	Langley, BC	08.13.23
	M40	22:15.37	DMITRY BABENKO	73	43	UNBC	Perth, AUS	10.26.16
	M45	22:39.18	DMITRY BABENKO	73	45	UNBC	Surrey, BC	08.05.18
	M50	22:54.92	DMITRY BABENKO	73	51	UNBC	Philadelphia, PA	04.27.24
	M55	26:35.93	GERRY DRAGOMIR	51	57	WALK	Kamloops, BC	07.19.09
	M70	35:23.79	BOB CURRIE	52	71	UNBC	Tumwater, BC	07.27.24
	M80	35:24.05	ERNIE KURTZ	43	81	UNBC	Gothenburg, SWE	08.20.24
	M85	42:57.89	CLAUDE BELL	18	86	UNBC	Calgary, AB	07.18.04
10000RW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	51:08.84	HEATH SEMENIUK	87	36	UNBC	Coquitlam, BC	05.11.24
	M40	46:10.63	DMITRY BABENKO	73	44	UNBC	Coquitlam, BC	07.16.17
	M50	47:54.55	DMITRY BABENKO	73	51	UNBC	Coquitlam, BC	05.11.24
4 x 100M	AGE	RECORD	TEAM			CLUB	LOCATION	DATE
	M35	44.90	BRIAN CARNATE (39), MARVIN JOHNSON (43) LUKE WANG (45), STEVE COLBERT (52)			UNBC	Burnaby, BC	07.09.17
	M40	45.93	BRIAN CARNATE (40), MARVIN JOHNSON (44) CHARLES OAMEN (44), JAY GUZMAN (44)			UNBC	Surrey, BC	08.03.18
	M45	47.31	BRIAN CARNATE (45), MARVIN JOHNSON (49) JAY GUZMAN (49), ERIC KOUWENHOVEN (46)			UNBC	Langley, BC	08.12.23
	M50	49.47	DEREK PREVOST (56), SHAWN NOURAEI (50) STEVE COLBERT (56), PAUL TSHINYAMA (51)			UNBC	Surrey, BC	08.21.21
	M55	50.49	HERB GEE (61), TONY BADOWSKI (59) LEE SOUTHERN (57), HAROLD MORIOKA (59)			UNBC	Langley, BC	06.16.02
	M60	53.03	HERB GEE (60), LARRY FORSEILLE (64) LES FRIESEN (64), DOUG FRASER (63)			UNBC	Burnaby, BC	07.08.01
	M65	54.17	TONY BADOWSKI (67), LEE SOUTHERN (65) HAROLD MORIOKA (67), TUOMAS UKONMAANAHO (65)			UNBC	Langley, BC	06.20.10
	M70	58.33	TONY BLENMAN (71), FRANCISCO MACHADO (71) HAROLD MORIOKA (74), SEWA BIRRING (71)			UNBC	Vernon, BC	09.15.17
	M75	1:03.17	DAVE MUNRO (76), HAROLD MORIOKA (75) SURINDER SHAH (75), DAVID MCGRAW (75)			UNBC	Surrey, BC	08.04.18
	M80	1:14.61	LES ROBSON (83), ISAAC THIESSEN (81) NORM LESAGE (80), ADRIAN MEEUWISSEN (80)			UNBC	Courtenay, BC	09.16.10
	M85	1:42.81	RON HUCKERBY (88), SCOT HENNEY (92) ISSAC THIESSEN (88), JOE GIEGERICH (85)			UNBC	Vernon, BC	09.15.17
4 x 400M	AGE	RECORD	TEAM			CLUB	LOCATION	DATE
	M35	4:10.97	WILL HARROWER (52), STEPHEN JOYCE (62) UMBERTO SODA (38), AARON HOLMGREN (41)			UNBC	Kelowna, BC	06.30.24
	M40	3:50.19	GARY KUNO (42), DAVID PROVO (40) BOB CHENG (43), PETER FREEMAN (51)			UNBC	Richmond, BC	08.17.03

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4 x 400M cont.	AGE	RECORD	TEAM	CLUB	LOCATION	DATE
	M45	3:47.35	SAM WALKER (52), ERIK HURLEN (46) JEFF VOGT (45), IAN SHARP (45)	UNBC	Kelowna, BC	06.30.24
	M50	4:11.46	ALEX GALO (50), ALVARO GALO (51) MARK PHILLIPS (51), MARK PINCKARD (56)	UNBC	Surrey, BC	07.05.16
	M55	4:05.2(h)	TONY BADOWSKI (59), JESS BREWER (56) BARRY MEIER (57), HAROLD MORIOKA (59)	UNBC	Richmond, BC	04.13.02
	M60	4:38.90	DAVID WALL (62), BRENT DAVY (63) TOM UKONMAANAHO (73), REIDAR ZAPF-GILJE (66)	UNBC	Surrey, BC	08.05.18
	M65	4:37.32	FRANCISCO MACHADO (71), HARDEV SANDHU (68) BARRY SPARKES (66), REIDAR ZAPF-GILJE (65)	UNBC	Vernon, BC	09.16.17
	M70	4:53.44	TOM UKONMAANAHO (71), SEWA BIRRING (70) JESS BREWER (70), MARK STEWART (72)	UNBC	Vancouver, BC	08.30.16
	M75	5:17.10	TOM UKONMAANAHO (77), FRED PAWLUK (75) MARK STEWART (78), TERRY RIGGINS (75)	UNBC	Victoria, BC	09.17.22
	M80	8:19.69	WOLFGANG HEINZMANN (81), BRUCE BUTCHER (83) GEORGE SENNEWALD (80), KARL MEY (81)	UNBC	Vernon, BC	09.15.17

4 x 800M	AGE	RECORD	TEAM	CLUB	LOCATION	DATE
	M35	9:22.65	DAVID GUSS (62), JORDAN VAN BESOUW (39) JEFF VOGT (44), IAN SHARP (44)	UNBC	Kelowna, BC	10.12.23
	M45	8:56.95	PETER SINCLAIR (47), LIAM WATSON (47) ERIK HURLEN (46), PAUL KLAN (45)	UNBC	Nanaimo, BC	05.26.24
	M50	9:24.47	KEVIN SEARLE (50), GARTH CAMPBELL (51) PETER HOLMES (50), MARK PINCKARD (51)	UNBC	Victoria, BC	05.14.11
	M55	10:15.12	KEITH WAKELIN (57), WAYNE CROWE (60) MICHAEL LAX (59), DANNY KEYES (55)	UNBC	Victoria, BC	07.23.16
	M60	10:37.46	PAUL REIMER (66), DOUG HENDERSON (64) BRENT SCOTT (65), DAVID GUSS (60)	UNBC	Surrey, BC	08.21.21
	M70	12:25.94	FRED PAWLUK (74), MARK STEWART (77) TERRY RIGGINS (74), PIARA BHULLAR (75)	UNBC	Surrey, BC	08.21.21
	M75	12:27.30	BARRIE DARGIE (77), MARK STEWART (77) PAT HARTON (79), PIARA BHULLAR (75)	UNBC	Surrey, BC	08.08.21

JUMPING EVENTS

LONG JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	6.15	(0.0) DWIGHT LIBURD	83	36	KAML	Kamloops, BC	05.04.19
	M40	6.48	JIM BISSENDEN	58	42	NTFC	Kamloops, BC	08.19.00
	M45	6.18	ROGER RUTH	28	45	UNBC	Victoria, BC	09.16.73
	M50	5.48	ROGER RUTH	28	50	UNBC	Richmond, BC	07.01.78
	M55	5.37	(-0.4) JOHN HAWKINS	49	57	UNBC	Langley, BC	06.17.06
	M60	5.13	(1.6) JOHN HAWKINS	49	61	UNBC	Joplin, MO	06.19.10
	M65	4.81	(1.9) TONY BADOWSKI	42	65	UNBC	Prince George, BC	09.11.08
	M70	4.18	(1.1) REIDAR ZAPF-GILJE	51	72	GREY	Göteborg, SWE	08.17.24
	M75	4.14	(0.6) ADRIAN MEEUWISSEN	30	75	UNBC	Duncan, BC	08.25.05
	M80	3.55	(0.0) LARRY (GORDON) CHALMERS	29	80	UNBC	Sydney, AUS	10.12.09
	M85	2.77	(-0.2) KARL MEY	36	85	GREY	Tampere, FIN	07.02.22
	M90	2.09	(0.0) JOE GIEGERICH	32	90	NTFC	Surrey, BC	08.13.22

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TRIPLE JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	12.13	(0.7) DWIGHT LIBURD	83	36	KAML	Toronto, ON	07.21.19
	M40	13.03	ROGER RUTH	28	43	UNBC	Victoria, BC	09.26.71
	M45	12.70	(0.7) HUGH MAGUIRE	63	46	UNBC	Sacramento, CA	07.25.10
	M50	12.94	(-0.6) HUGH MAGUIRE	63	50	UNBC	Turin, ITA	08.08.13
	M55	11.05	(-1.7) WARREN HAMILL	46	56	UNBC	Toronto, ON	07.14.02
	M60	9.98	(1.8) REIDAR ZAPF-GILJE	51	63	GREY	Burnaby, BC	08.26.15
	M65	9.51	(0.0) EDWIN LIU	56	65	GREY	Victoria, BC	09.16.22
	M70	8.60	(0.8) REIDAR ZAPF-GILJE	51	70	GREY	Regina, SK	07.31.22
	M75	7.74	(-1.6) LYNN THOMPSON	39	78	UNBC	Duncan, BC	06.09.18
	M75	8.09	(nwi) ADRIAN MEEUWISSEN	30	75	UNBC	Duncan, BC	08.26.05
	M80	7.31	(1.4) LYNN THOMPSON	39	83	UNBC	Duncan, BC	06.04.23
	M85	6.20	(0.0) JOE GIEGERICH	32	86	NTFC	Surrey, BC	08.04.18
	M90	4.63	(0.2) JOE GIEGERICH	32	90	NTFC	Regina, SK	07.31.22

HIGH JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	1.90 T	JOHN HAWKINS	59	35	UNBC	Richmond, BC	07.05.84
	M35	1.90 T	KEVIN HARRISON	66	39	LANG	Abbotsford, BC	06.26.05
	M40	1.90	JOHN HAWKINS	59	42	UNBC	Oshawa, ON	06.08.91
	M45	1.85	JOHN HAWKINS	59	47	UNBC	Spokane, WA	08.17.06
	M50	1.77	JOHN HAWKINS	59	50	UNBC	Gateshead, GBR	08.29.99
	M55	1.78	JOHN HAWKINS	59	55	UNBC	Carthage, MO	08.21.04
	M60	1.70	JOHN HAWKINS	59	61	UNBC	Joplin, MO	06.19.10
	M65	1.50	JOHN HAWKINS	59	66	UNBC	Burnaby, BC	08.28.15
	M70	1.39	REIDAR ZAPF-GILJE	39	70	GREY	Surrey, BC	08.27.22
	M75	1.25	LES EAST	39	75	PTFC	Langley, BC	09.13.14
	M80	1.15 T	KEITH TAYLOR	33	80	UNBC	Kamloops, BC	08.23.13
	M80	1.15 T	KARL MEY	36	82	GREY	Ste-Therese, QC	07.05.19
	M85	1.11	KEITH TAYLOR	33	86	UNBC	Kelowna, BC	09.14.19
	M90	0.85	JOE GIEGERICH	32	90	NTFC	Regina, SK	07.31.22

POLE VAULT	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	4.55	OWEN CLEMENTS	65	36	AVIC	Victoria, BC	06.24.01
	M40	4.60	ROGER RUTH	28	44	UNBC	Goteborg, SWE	09.07.72
	M45	4.57	ROGER RUTH	28	45	UNBC	Seattle, WA	07.21.73
	M50	3.96	ROGER RUTH	28	50	UNBC	Victoria, BC	09.09.78
	M55	3.81	JOHN HAWKINS	59	55	UNBC	Santa Barbara, CA	10.02.04
	M60	3.70	WARREN HAMILL	46	60	UNBC	Duncan, BC	06.25.06
	M65	2.80 T	JOHN HAWKINS	59	66	UNBC	Burnaby, BC	08.27.15
	M65	2.80 T	BILL FISHER	53	65	TBIR	Surrey, BC	08.05.18
	M70	2.65	GERARD DUMAS	35	70	UNBC	Victoria, BC	05.05.05
	M75	2.35	TOM UKONMAANAHO	44	77	PGTF	Regina, SK	07.30.22
	M80	2.02	GERARD DUMAS	35	80	UNBC	Victoria, BC	09.24.15
	M85	1.70	LARRY FIEGE	37	86	NTFC	Langley, BC	08.13.23
	M90	1.12	JOE GIEGERICH	32	90	NTFC	Victoria, BC	09.16.22

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THROWING EVENTS

SHOT PUT	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	7.26K	12.58	JOHN SAARI	73	39	UNBC	Langley, BC	06.16.13
	M40	7.26K	13.84	D. SMART	--	--	--	--	--
	M45	7.26K	14.32	JOHN PAVELICH	25	48	VOCA	San Diego, CA	07.05.73
	M50	6.00K	14.69	JOHN PAVELICH	25	52	VOCA	Gothenburg, SWE	08.??.77
	M55	6.00K	13.20	DON ALLEMEERSCH	53	55	UNBC	Richmond, BC	09.16.09
	M60	5.00K	13.08	MIKE WOODWORTH	42	62	UNBC	Calgary, AB	07.17.04
	M65	5.00K	12.54	MICHAEL DEADY	53	65	UNBC	Vernon, BC	08.25.18
	M70	4.00K	14.03	MAREK GLOWACKI	40	70	UNBC	Zielona Gora, POL	06.18.11
	M75	4.00K	12.95	MAREK GLOWACKI	40	75	UNBC	Sopot, POL	09.29.15
	M80	3.00K	11.93	MAREK GLOWACKI	40	80	UNBC	Surrey, BC	08.21.21
	M85	3.00K	10.09	RAINER SILLANTAUTS	30	86	UNBC	Coquitlam, BC	09.24.16
	M90	3.00K	7.14	BRUCE BUTCHER	34	90	KAML	Vernon, BC	10.10.24
	M95	3.00K	4.84	JIM MURRAY	15	95	UNBC	Courtenay, BC	09.15.10

DISCUS THROW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	2.00K	39.64	JAMES O’KANE	75	36	VAAA	Calgary, AB	06.03.12
	M40	2.00K	44.64	B. FLAHERTY	--	--	--	--	??.??.??
	M45	2.00K	45.58	JOHN PAVELICH	25	49	VOCA	--	??.??.74
	M50	1.50K	45.12	JOHN PAVELICH	25	52	VOCA	Gothenburg, SWE	08.10.77
	M55	1.50K	45.23	DON ALLEMERSCH	53	56	UNBC	Langley, BC	06.19.10
	M60	1.00K	49.07	MIKE WOODWORTH	42	62	UNBC	Calgary, AB	07.18.04
	M65	1.00K	47.28	JOHANNES PETERS	54	65	UNBC	Bunbury, AUS	10.12.19
	M70	1.00K	44.50	MICHAEL DEADY	53	70	UNBC	Langley, BC	08.12.23
	M75	1.00K	39.94	MAREK GLOWACKI	40	75	UNBC	Sopot, POL	09.29.15
	M80	1.00K	30.41	MAREK GLOWACKI	40	80	UNBC	Vernon, BC	09.19.20
	M85	1.00K	21.28	JIM MURRAY	15	85	UNBC	Burnaby, BC	07.09.00
	M90	1.00K	19.81	BRUCE BUTCHER	34	90	KAML	Kelowna, BC	10.10.24
	M95	1.00K	14.06	JIM MURRAY	15	95	UNBC	Courtenay, BC	09.16.10

HAMMER THROW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	7.26K	36.01	WINSTON GILES	74	39	UNBC	Langley, BC	06.14.13
	M40	7.26K	55.12	MIKE CAIRNS	42	40	UNBC	Richmond, BC	05.28.83
	M45	7.26K	52.13	GLENN MCATEE	72	45	UNBC	Columbia, SC	03.24.17
	M50	6.00K	47.83	MIKE DUFFALA	55	54	UNBC	Courtenay, BC	06.26.10
	M55	6.00K	43.92	CORY HOLLY	57	59	VAAA	Vernon, BC	09.12.17
	M60	5.00K	48.60	MICHAEL HOUSER	58	61	UNBC	Vernon, BC	08.24.19
	M65	5.00K	43.51	CORY HOLLY	57	65	VAAA	Kelowna, BC	10.12.23
	M70	4.00K	42.74	MAREK GLOWACKI	50	70	UNBC	Sacramento, CA	07.16.11
	M75	4.00K	37.56	HARNEK TOOR	46	76	ULTR	Surrey, BC	08.27.22
	M80	3.00K	36.62	MAREK GLOWACKI	50	80	UNBC	Vernon, BC	08.28.21
	M85	3.00K	26.63	BAKHSHISH DHILLON	38	85	GREY	Langley, BC	09.11.23
	M90	3.00K	21.27	BRUCE BUTCHER	34	90	KAML	Kelowna, BC	06.19.25
	M95	3.00K	13.40	JIM MURRAY	15	95	UNBC	Langley, BC	06.18.10

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JAVELIN THROW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	800G	72.50	GRAHAM MORFITT	67	36	CXVC	Port Alberni, BC	05.09.03
	M40	800G	68.14	ERIN BEVANS	70	40	UNBC	Courtenay, BC	06.18.11
	M45	800G	60.42	GRAHAM MORFITT	67	47	CXVC	Duncan, BC	06.08.14
	M50	700G	63.39	GRAHAM MORFITT	67	50	CXVC	Courtenay, BC	06.24.17
	M55	700G	57.93	GRAHAM MORFITT	67	56	CXVC	Langley, BC	08.13.23
	M60	600G	47.42	VICTOR NJUME	43	63	UNBC	Abbotsford, BC	08.25.06
	M65	600G	44.60	VICTOR NJUME	43	67	UNBC	Courtenay, BC	09.16.10
	M70	500G	44.30	VICTOR NJUME	43	70	UNBC	Kamloops, BC	08.22.13
	M75	500G	39.37	VICTOR NJUME	43	75	UNBC	Surrey, BC	08.05.18
	M80	400G	32.37	RAINER SILLANT AUS	30	81	UNBC	Sacramento, CA	07.11.11
	M85	400G	20.87	RAINER SILLANT AUS	30	88	UNBC	Surrey, BC	08.05.18
	M90	400G	16.78	SCOT HENNEY	25	90	UNBC	Burnaby, BC	08.26.15
	M95	400G	9.80	JIM MURRAY	15	95	UNBC	Langley, BC	06.19.10

WEIGHT THROW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	15.88K	12.56	JOHN SAARI	73	39	UNBC	Langley, BC	06.14.13
	M40	15.88K	15.78	GLENN MCATEE	72	43	UNBC	Marietta,GA	03.06.16
	M45	15.88K	12.07	SHANE WIEBE	70	47	UNBC	Toronto, ON	08.13.17
	M50	11.34K	15.95	SHANE WIEBE	70	54	UNBC	Kamloops, BC	05.04.24
	M55	11.34K	15.51	DAVE MCDONALD	54	58	ULTR	Burnaby, BC	08.25.12
	M60	9.07K	16.95	DAVE MCDONALD	54	61	ULTR	Surrey, BC	04.25.15
	M65	9.07K	16.18	JOHANNES PETERS	54	65	UNBC	Melbourne, AUS	04.29.19
	M70	7.26K	16.64	MAREK GLOWACKI	50	70	UNBC	Stargard Szczecinski, POL	06.04.11
	M75	7.26K	15.74	HARNEK TOOR	46	76	ULTR	Surrey, BC	08.27.22
	M80	5.45K	15.40	MAREK GLOWACKI	50	81	UNBC	Puck, POL	07.23.22
	M85	5.45K	11.52	BAKHSHISH DHILLON	38	85	GREY	Abbotsford, BC	08.25.23
	M90	5.45K	8.86	SCOT HENNEY	25	92	UNBC	Surrey, BC	08.13.17
	M95	5.45K	5.54	JIM MURRAY	15	95	UNBC	Courtenay, BC	09.15.10

SIPER WEIGHT	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M40	25.40K	8.47	GLENN MCATEE	72	44	UNBC	Greenville, SC	06.04.16
	M45	25.40K	6.72	JODY CRANSTON	70	46	UNBC	Seattle, WA	07.30.16
	M50	25.40K	7.36	SHAWN STEVENS	72	51	ULTR	Langley, BC	09.15.24
	M55	25.40K	6.70	ANDREW ARTHUR	62	55	ULTR	Surrey, BC	08.13.17
	M60	19.96K	8.19	DAVE MCDONALD	54	61	ULTR	Coos Bay, OR	04.11.15
	M65	19.96K	6.96	JOHANNES PETERS	54	65	UNBC	Langley, BC	05.26.19
	M70	15.88K	8.25	DAVE MCDONALD	54	70	ULTR	Seattle, WA	06.01.24
	M75	15.88K	8.01	HARNEK TOOR	46	75	ULTR	Langley, BC	10.10.21
	M80	11.34K	8.85	JIM DYER	42	80	UNBC	Langley, BC	09.24.23
	M90	11.34K	3.91	SCOT HENNEY	25	91	UNBC	Surrey, BC	08.07.16

COMBINED EVENTS

THROWS PENT.	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35		2578	JOHN SAARI	73	39	UNBC	Kamloops, BC	05.17.13
				(29.48/368, 12.30/659, 39.17/648, 31.51/340, 11.98/563)					
	M40		3090	GRAHAM MORFITT	67	42	CXVC	Lahti, FIN	08.07.09
				(31.82/431, 10.97/619, 33.47/545, 62.59/893, 11.88/602)					

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TH PENT Cont.	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M45	3059	SHANE WIEBE (35.22/529, 12.28/763, 34.50/613, 40.15/ 568, 10.87/586)	70	48	UNBC	Surrey, BC	08.03.18
	M50	3474	SHANE WIEBE (41.91/633, 13.05/794, 40.34/678, 40.46/585, 15.90/784)	70	54	UNBC	Coquitlam, BC	08.03.24
	M55	3566	GRAHAM MORFITT (36.64/591, 10.02633, 35.04/626, 56.93/988, 13.90/728)	67	56	CXVC	Langley, BC	08.11.23
	M60	3393	JOHANNES PETERS (41.77/686, 11.67/746, 43.86/712, 32.58/508, 15.01/741)	54	64	UNBC	Surrey, BC	08.03.18
	M65	3922	JOHANNES PETERS (41.64/763, 11.85/838, 44.45/810, 36.99/680, 15.37/831)	54	65	UNBC	Bunbury, AUS	02.23.19
	M70	3886	MAREK GLOWACKI (37.81/676, 13.20/925, 38.29/766, 38.09/727, 15.59/792)	50	70	UNBC	Sacramento, CA	07.17.11
	M75	3692	MAREK GLOWACKI (33.53/676, 12.14/942, 32.46/723, 28.70/602, 13.58/749)	50	75	UNBC	Vancouver, BC	08.30.16
	M75	3670	HARNEK TOOR (37.56/772, 10.21/770, 27.47/589, 30.55/650, 15.74/889)	46	76	ULTR	Surrey, BC	08.27.22
	M80	3631	MAREK GLOWACKI (36.62/743, 11.52/851, 29.51/758, 26.45/569, 13.82/710)	50	80	UNBC	Vernon, BC	08.28.21
	M85	2695	BAKSHSHISH DHILLON (25.11/574, 8.03/642, 19.05/537, 16.32/381, 10.24/583)	38	85	GREY	Abbotsford, BC	08.23.23
	M90	2735	BRUCE BUTCHER (19.27/525, 6.44/580, 18.97/674, 14.38/425, 8.02/531)	34	90	KAML	Vernon, BC	08.24.24

PENTATHLON	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	2508	JAMES O’KANE (5.59W:0.7/544, 44.59/538, 26.97W:1.4/492, 35.43/572, 5:42.91/362)	75	37	UNBC	Toronto, ON	06.19.13
	M40	2382	GARY SILVESTER (5.38 +0.5/565, 33.23/403, 25.86 -3.2/647, 29.76/471, 6:09.74/296)	68	41	GREY	Kamloops, BC	07.17.09
	M45	2749	BROCK PULLEN (4.90/519, 39.82/562, 27.51/585, 34.12/605, 5:41.83/478)	49	47	UNBC	Eugene, OR	08.21.96
	M50	3211	REIDAR ZAPF-GILJE (4.77/556, 37.79/536, 26.89/703, 37.48/619, 4:55.43/797)	51	53	GREY	Edmonton, AB	07.30.05
	M55	2435	GRANT LAMOTHE (4.24/487, 33.74/519, 28.76/630, 25.68/424, 6:32.86/375)	43	59	UNBC	Eugene, OR	08.07.03
	M60	3408	REIDAR ZAPF-GILJE (4.58 W=0.0/664), 38.05/619, 29.01 W=0.0/683, 38.37/604, 5:13.42/838)	51	63	GREY	Tonsberg, NOR	06.13.15
	M65	3680	REIDAR ZAPF-GILJE (4.39, +0.9/693, 37.08/682, 29.88 -2.6/692, 39.57/703, 5:14.80/910)	51	65	GREY	Toronto, ON	08.11.17
	M70	3486	REIDAR ZAPF-GILJE (3.89, 0.1/617, 33.62/623, 31.10, 0.9/680, 36.08/713, 5:41.14/853)	51	70	GREY	Victoria, BC	09.14.22
	M75	2333	JOE GIEGERICH (3.35 +0.0/514, 19.67/368, 34.61 -1.6/527, 16.95/317, 6:52.98/607)	32	76	NTFC	Regina, SK	08.01.08
	M80	2114	KARL MEY (3.12,-0.5/533, 15.44/277, 37.21,-0.4/472, 14.32/303, 7:39.85/529)	36	83	GREY	Kelowna, BC	09.11.19
	M85	1573	JOE GIEGERICH (2.72, 0.0/506, 14.28/317, 43.11, -0.4/327, 11.58/281/ 10:48.69/142)	32	85	NTFC	Toronto, ON	08.11.17
	M90	1374	JOE GIEGERICH (2.09, 0.8/386, 14.23/419. 51.40 -0.5/206, 11.53/359, 14:37.26/3)	32	90	NTFC	Regina, SK	07.29.22

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DECATHLON	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	M35	5248	JAMES O'KANE	75	37	UNBC	Langley, BC	06.15.13
			(12.71w:0.6, 5.46w:0.4, 11.12, 1.78, 57.29 & 17.87w:0.1, 35.84, 3.30, 39.49, 5:28.88)					
	M40	6024	STEVE KEMP	53	40	UNBC	Miyazaki, JPN	10.08.93
			(12.08, 5.75, 10.33, 1.56, 57.51 & 16.72, 32.36, 3.00, 46.06, 4:50.85)					
	M45	4586	GRANT LAMOTHE	43	45	UNBC	Eugene, OR	06.18.95
			(13.89/1.6, 4.85/w=?, 10.59, 1.37, 62.65 & 20.54/w=?, 26.98, 2.27, 32.28, 5:37.02)					
	M50	6501	REIDAR ZAPF-GILJE	51	53	GREY	San Sebastian, ESP	08.23.05
			(13.23/2.3, 5.17/1.3, 11.64, 1.48, 59.58 & 17.04/2.1, 38.71, 2.90, 40.77, 4:48.68)					
	M55	6926	JOHN HAWKINS	49	57	UBC	Shoreline, WA	07.16.06
			(13.68/0.2, 5.31/0.0, 12.68, 1.75, 1:06.51 & 19.49/-0.2, 37.05, 3.80, 41.21, 6:18.00)					
	M60	6857	WARREN HAMILL	46	60	UNBC	Shoreline, WA	07.16.06
			(13.83/-1.1, 4.90/-0.1, 11.57, 1.57, 1:05.90 & 17.38/0.6, 42.12, 3.30, 37.97, 6:32.24)					
	M65	5101	JOSEPH HILL	58	65	GREY	Coquitlam, BC	08.04.24
			(13.95 (-0.2), 3.90 (-0.5), 9.00, 1.14, 1:08.70 & 23.17 (0.0), 30.80, 2.17, 37.39, 7:42.64)					
	M70	7094	REIDAR ZAPF-GILJE	51	70	GREY	Surrey, BC	08.28.22
			(15.10 (0.2), 4.06 (1.4), 12.46, 1.39, 1:08.59 & 15.59(0.0). 34.42, 2.40, 33.94, 5:35.79)					
	M75	5443	TOM UKONMAANAHO	44	77	PGTF	Surrey, BC	08.28.22
			(14.71(0.2), 3.24 (-0.2), 9.09, 1.15, 1:14.54 & 18.08 (0.0), 21.50, 2.30, 26.22, 8:47.28)					
	M80	3598	DANNY DANIELS	29	80	UNBC	Lahti, FIN	07.29.09
			(17.25 w 2.6, 2.88 w 1.6, 8.50, 1.06, 2:05.50 & 20.74 w 0.3, 19.17, 1.10, 22.03, 11:04.81)					