

2023 NEW B.C. MASTERS OUTDOOR TRACK AND FIELD RECORDS

(55 BC & 1 tied, 19 CR, 6 WR) * Nov 30, 2023

All records after August 11, are pending until final approval at the next BC Athletics AGM

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE	
100M						
W65	14.73 0.6	Patty Szybunka	65	04/07/23	Surrey, BC	
M70	13.32 -0.2	Tom Dickson	70	01/08/23	Surrey, BC	
M70 #	13.14 1.2	Tom Dickson	70	12/08/23	Langley, BC	CR
200M						
W35	26.54 0.5	Corri Fell (Thompson)	35	09/07/23	Nanaimo, BC	
W65	30.74 1.1	Patty Szybunka	65	04/07/23	Surrey, BC	
800M						
W60	2:49.12	Juliette Christie	61	18/08/23	Vancouver, BC	
1500M						
W60	5:33.05	Janette Wood	63	12/08/23	Langley, BC	
MILE						
W60	5:58.69	Juliette Christie	61	01/08/23	Surrey, BC	
5000M						
W55	19:44.86	Alita Bommann	55	13/08/23	Langley, BC	
10000M						
W40	32:42.77	Natasha Wodak	41	23/06/23	Langley, BC	CR
LONG HURDLES						
W55	58.31	Judy Summers	59	02/07/23	Kelowna, BC	
2000M STEEPLECHASE						
M70	8:54.20	Reidar Zapf-Gilje	71	12/08/23	Langley, BC	CR
4 x 100M RELAY						
W45	58.01	Nancy Craig(57), Judith Cook(54) Melina Thibodeau(51), Jeannette Van Den Bulk(46)		12/08/23	Langley, BC	
M45	47.31	Brian Carnate(45), Marvin Johnson(49) Jay Guzman (49), Eric Kouwenhoven (46)		12/08/23	Langley, BC	
4 x 800M RELAY						
W45	10:52.37 p	Martha Sirdevan(48), Christy Lovig(46) Cindy O'Krane(60), Kerry MacKelvie(49)		12/10/23	Kelowna, BC	CR
M35	9:22.65 p	David Guss(62), Jordan Van Besouw(39) Jeff Vogt(44), Ian Sharp(44)		12/10/23	Kelowna, BC	
LONG JUMP						
W65	3.73 1.4	Cindy O'Brien Hugh	65	24/08/23	Abbotsfprd, BC	
W85	3.08 -0.3	Christa Bortignon	86	12/08/23	Langley, BC	WR
W85 #	3.11 -0.7	Christa Bortignon	86	24/08/23	Abbotsford, BC	WR
M70	4.07 1.5	Reidar Zapf-Gilje	71	11/08/23	Langley, BC	
M70 #	4.12 -1.0	Reidar Zapf-Gilje	71	23/08/23	Abbotsford, BC	
TRIPLE JUMP						
W35	9.11 0.0	Emily Lynch	35	13/08/23	Langley, BC	
W85	6.52 0.0	Christa Bortignon	86	02/07/23	Kelowna, BC	WR
W85 #	6.62 0.0	Christa Bortignon	86	25/08/23	Abbotsford, BC	WR
M80	7.31 1.4	Lynn Thompson	83	04/06/23	Duncan, BC	
POLE VAULT						
M85	1.70	Larry Fiege	86	13/08/23	Langley, BC	CR

SHOT PUT

W90	6.39	Myrtle Acton	90	17/06/23	Prince George, BC	WR
W90 #	6.58	Myrtle Acton	90	11/08/23	Langley, BC	WR

DISCUS

W50	27.42	Caroline Wittrin	54	20/05/23	Richmond, BC	
W90	15.21	Myrtle Acton	90	11/08/23	Langley, BC	WR
W90	15.28	Myrtle Acton	90	12/08/23	Langley, BC	WR
W90 #	15.83	Myrtle Acton	90	24/08/23	Abbotsford, BC	WR
M70	44.50	Michael Deady	70	12/08/23	Langley, BC	CR

JAVELIN

W45	32.28	Nicole Carlos	49	11/08/23	Langley, BC	
W80	21.98	Marg Radcliffe	81	09/10/23	St. George, UT	
M55	54.10	Graham Morfitt	56	03/06/23	Duncan, BC	CR
M55 #	57.93	Graham Morfitt	56	13/08/23	Langley, BC	CR

HAMMER THROW

W45	39.90	Nicole Carlos	49	02/07/23	Kelowna, BC	
W45 #	41.42	Nicole Carlos	49	11/08/23	Langley, BC	CR (x)
W50	40.68	Caroline Wittrin	54	21/05/23	Richmond, BC	
W80	27.53	Kathy Brand	81	02/07/23	Kelowna, BC	
W80 #	28.08	Kathy Brand	81	24/08/23	Abbotsford, BC	
W90	18.85	Myrtle Acton	90	17/06/23	Prince George, BC	CR
W90 #	20.47	Myrtle Acton	90	11/08/23	Langley, BC	WR
M65	42.63	Cory Holly	65	16/09/23	Vernon, BC	
M65 #	43.51	Cory Holly	65	12/10/23	Kelowna, BC	
M85	26.63	Bakhshish Dhillon	85	11/08/23	Langley, BC	

WEIGHT THROW

W45	12.47	Nicole Carlos	49	01/07/23	Kelowna, BC	CRx
W45 #	12.55	Nicole Carlos	49	13/08/23	Langley, BC	
W60	12.28	Joan Harris	61	13/08/23	Langley, BC	
W80	9.95	Kathy Brand	81	25/08/23	Abbotsford, BC	
W90	7.98	Myrtle Acton	90	25/08/23	Abbotsford, BC	CRp
M85	11.52	Bakhshish Dhillon	85	25/08/23	Abbotsford, BC	

SUPERWEIGHT

W35	3.28	Paige Wianaka	35	16/04/23	Langley, BC	
M50	6.44	Shawn Stevens	51	24/09/23	Langley, BC	
M80	8.41	Jim Dyer	80	16/04/23	Langley, BC	
M80 #	8.85	Jim Dyer	80	24/09/23	Langley, BC	

THROWS PENTATHLON

W60	3049	Joan Harris	61	23/08/23	Abbotsford, BC	
		(29.66/636, 8.19/600, 23.44/600, 23.76/618, 11.43/595)				
W90	3841	Myrtle Acton	90	17/06/23	Prince George, BC	WR
		(18.85/780, 6.39/886, 14.06/765, 11.39/629, 7.47/781)				
W90 #	3975	Myrtle Acton	90	11/08/23	Langley, BC	WR
		(20.47/858, 6.58/917, 15.21/839, 11.59/642, 6.95/719)				
M55	3566	Graham Morfitt	56	11/08/23	Langley, BC	
		(36.64/591, 10.02633, 35.04/626, 56.93/988, 13.90/728)				
M85	2313	Bruce Butcher	88	30/07/23	Kelowna, BC	
M85	2495	Bakhshish Dhillon	85	11/08/23	Langley, BC	
		(26.63/616, 7.42/583, 17.09/468, 16.52/387, 8.15/441)				
M85 #	2695	Bakhshish Dhillon	85	23/08/23	Abbotsford, BC	
		(25.11/574, 8.03/642, 19.05/537, 16.32/381, 10.24/583)				

1500M RACE WALK

W85	12:56.16	Renate Cheetham	85	12/08/23	Langley, BC	CR
M35	6:44.70	Heath Semeniuk	35	12/08/23	Langley, BC	
M50	8:09.65	Mihail Larin	50	12/08/23	Langley, BC	
M50 #	6:40.3	Dmitry Babenko	50	13/10/23	St George, UT	CR no
M70	10:18.00	Jim Johnson	73	25/08/23	Abbotsford, BC	

3000M RACE WALK

M50	13:42.2	p no	Dmitry Babenko	50	12/10/23	St George, UT	CR no
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5000M RACE WALK

W85	46:33.78		Renate Cheetham	85	13/08/23	Langley, BC	
M35	25:25.04		Heath Semeniuk	35	13/08/23	Langley, BC	
M50	23:48.05		Dmitry Babenko	50	29/04/23	Philadelphia, PA	
M50	# 23:38.95	p	Dmitry Babenko		50 09/11/23	Ciudad Juarez, MEX	

5K ROAD WALK

M50	23:18		Dmitry Babenko	50	24/09/23	Whiting, NJ	CR
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10K ROAD WALK

M50	47:57		Dmitry Babenko	50	31/03/23	Torun, POL	CR
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Best of more than one record performances.

CRx This Canadian record was subsequently broken again during 2023. No longer a record.

p no Unfortunately fully automatic timing was not used