

BCA Masters Road Running Records
Updated August 14, 2019

WOMEN

| Distance | Category | First Name | Last Name | Venue | Date | Time | Pending |
|----------|----------|------------|------------|--------------|----------|---------|---------|
| mile | 40-44 | Erna | Kozak | | 07/01/87 | 4:38.6 | |
| mile | 45-49 | Debbie | Collum | Mundy Park | 05/23/98 | 5:16 | |
| mile | 50-54 | Kimberly | Maxwell | | 06/12/88 | 6:04.5 | |
| mile | 55-59 | Jean | Cleator | | | 6:20.6 | |
| mile | 60-64 | Rosamund | Dashwood | | 06/09/89 | 6:41.6 | |
| mile | 65-69 | Hazel | Cameron | Maple Ridge | 05/01/93 | 7:24 | |
| mile | 70-74 | Ivy | Granstrom | | | 8:52 | |
| 5k | 35-39 | Natasha | Wodak | Vancouver | 03/17/18 | 15:39 | |
| 5k | 35-39 | Natasha | Wodak | Vancouver | 03/16/19 | 15:36 | p |
| 5k | 40-44 | Nancy | Tinari | North Shore | 03/30/00 | 16:24 | |
| 5k | 45-49 | Nancy | Tinari | Vancouver | 03/13/05 | 17:07 | |
| 5k | 50-54 | Marilyn | Arsenault | Sidney | 04/08/18 | 17:43 | |
| 5k | 55-59 | Cindy | Rhodes | Vancouver | 03/17/12 | 19:48 | |
| 5k | 60-64 | Sandra | Bastedo | Victoria | 03/12/06 | 20:46 | |
| 5k | 65-69 | Faye | Amos | Sidney | 04/08/18 | 22:57 | |
| 5k | 65-69 | Rosamund | Dashwood | North Shore | 04/02/89 | 22:57 | |
| 5k | 65-69 | Thelma | Wright | Vancouver | 03/18/17 | 22:57 | |
| 5k | 70-74 | BJ | McHugh | | | 23:44 | |
| 5k | 75-79 | Lenore | Marvin | White Rock | 07/02/95 | a 25:32 | |
| 5k | 75-79 | BJ | McHugh | North Shore | 04/05/03 | 26:00 | |
| 5k | 80-84 | Lenore | Montgomery | Vancouver | 06/17/11 | 28:22 | |
| 5k | 85-89 | Lenore | Montgomery | Carlsbad | 04/02/17 | 34:23 | |
| 8k | 35-39 | Natasha | Wodak | Victoria | 01/13/19 | 26:04 | p |
| 8k | 40-44 | Nancy | Tinari | Steveston | 02/06/00 | a 26:46 | |
| 8k | 40-44 | Leah | Pells | Steveston | 01/30/05 | 26:47 | |
| 8k | 45-49 | Nancy | Tinari | Pt. Moody | 05/07/05 | 27:47 | |
| 8k | 50-54 | Marilyn | Arsenault | Saanichton | 01/13/19 | 29:00 | p |
| 8k | 50-54 | Lucy | Smith | Saanichton | 01/07/18 | 29:05 | |
| 8k | 55-59 | Cindy | Rhodes | Kelowna | 07/07/13 | 33:06 | |
| 8k | 60-64 | Sandra | Bastedo | Victoria | 10/10/04 | 34:16 | |
| 8k | 65-69 | Thelma | Wright | Victoria | 10/08/17 | 36:33 | |
| 8k | 70-74 | BJ | McHugh | Vancouver | 09/13/98 | 38:00 | |
| 8k | 75-79 | Karin | Vickars | Vancouver | 10/13/13 | 41:41 | |
| 8k | 80-84 | BJ | McHugh | Steveston | 08/31/08 | 43:49 | |
| 8k | 85-89 | Lenore | Montgomery | Richmond | 09/11/16 | 55:13 | |
| 10k | 35-39 | Natasha | Wodak | Ottawa | 04/25/19 | 32:31 | p |
| 10k | 40-44 | Nancy | Tinari | White Rock | 06/08/03 | a 33:02 | |
| 10k | 40-44 | Leah | Pells | Victoria | 04/24/05 | 33:38 | |
| 10k | 45-49 | Marilyn | Arsenault | Van. Sun Run | 4/21/13 | a 34:59 | |
| 10k | 45-49 | Nancy | Tinari | Victoria | 04/24/05 | 35:08 | |
| 10k | 50-54 | Jillian | Fong | Vancouver | 09/16/17 | 37:18 | |
| 10k | 50-54 | Marillyn | Arsenault | Sun Run | 04/22/18 | a 36:23 | |

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|------|-------|-----------|------------|-----------------|----------|-----------|---|
| 10k | 55-59 | Brenda | Baker | Squamish | 08/03/08 | 40:13 | |
| 10k | 60-64 | Sandra | Bastedo | Victoria | 04/24/05 | 42:49 | |
| 10k | 65-69 | BJ | McHugh | Sun Run | 04/19/93 | 45:05 | |
| 10k | 70-74 | Lenore | Montgomery | White Rock | 06/08/03 | a 47:33 | |
| 10k | 70-74 | BJ | McHugh | Richmond | 02/01/98 | 47:54 | |
| 10k | 75-79 | BJ | McHugh | Sun Run | 04/13/03 | a 50:33 | |
| 10k | 75-79 | Gwen | McFarlan | Richmond | 09/19/09 | 52:23 | |
| 10k | 80-84 | BJ | McHugh | Sun Run | 04/20/08 | a 59:01 | |
| 10k | 80-84 | Lenore | Montgomery | Victoria | 05/01/11 | 59:19 | |
| 10k | 85-89 | BJ | McHugh | Vancouver | 7/20/13 | 1:06:49 | |
| 1/2M | 35-39 | Natasha | Wodak | Houston | 01/20/19 | 1:10:33 | p |
| 1/2M | 35-39 | Natasha | Wodak | Houston | 01/14/18 | 1:11:31 | |
| 1/2M | 40-44 | Leah | Pells | Vancouver | 02/13/05 | 1:15:26 | |
| 1/2M | 45-49 | Marilyn | Arsenault | Vancouver | 06/22/14 | a 1:16:52 | |
| 1/2M | 45-49 | Catherine | Watkins | Victoria | 10/08/17 | 1:17:03 | |
| 1/2M | 50-54 | Lucy | Smith | Victoria | 10/08/17 | 1:19:54 | |
| 1/2M | 55-59 | Cindy | Rhodes | Victoria | 10/07/12 | 1:29:08 | |
| 1/2M | 60-64 | Cindy | Rhodes | Edmonton | 08/20/17 | 1:37:38 | |
| 1/2M | 65-69 | BJ | McHugh | Vancouver | 02/11/96 | 1:38:49 | |
| 1/2M | 70-74 | BJ | McHugh | Vancouver | 02/15/98 | 1:44:34 | |
| 1/2M | 75-79 | Gwyn | McFarlan | Kelowna | 10/11/09 | 1:50:00 | |
| 1/2M | 80-84 | BJ | McHugh | Vancouver | 05/04/08 | 2:04:19 | |
| 1/2M | 85-89 | BJ | McHugh | Vancouver | 02/10/13 | 2:32:48 | |
| Mar | 35-39 | Cheryl | Murphy | Albany, Ga | 03/01/08 | 2:40:12 | |
| Mar | 40-44 | Catherine | Watkins | Eugene Marathon | 05/10/15 | 2:42:35 | |
| Mar | 45-49 | Catherine | Watkins | Berlin | 09/16/18 | 2:40:11 | |
| Mar | 50-54 | Cindy | Rhodes | Victoria | 10/11/09 | 3:06:45 | |
| Mar | 55-59 | Brenda | Baker | Victoria | 10/11/09 | 3:08:10 | |
| Mar | 60-64 | Cindy | Rhodes | Victoria | 10/08/17 | 3:27:16 | |
| Mar | 65-69 | Roslyn | Smith | Victoria | 10/11/15 | 3:39:35 | |
| Mar | 70-74 | Liz | Borrett | Boston | 4/15/13 | a 4:00:34 | |
| Mar | 70-74 | Gwen | McFarlan | San Diego | 06/06/04 | 4:03:23 | |
| Mar | 75-79 | Gwen | McFarlan | Vancouver | 05/03/09 | 3:57:30 | |
| Mar | 80-84 | Gwen | McFarlan | Ottawa | 05/25/14 | 4:12:33 | |
| Mar | 85-89 | BJ | McHugh | Honolulu | 12/09/12 | 5:12:03 | |
| Mar | 90-94 | BJ | McHugh | Honolulu | 12/10/17 | 7:03:59 | |

MEN

| Distance | Category | First Name | Last Name | Venue | Date | Time |
|----------|----------|------------|-----------|---------------|----------|--------|
| mile | 40-44 | Graeme | Fell | San Francisco | 6/99 | 4:17 |
| mile | 45-49 | Dave | Reed | New York | 9/99 | 4:27 |
| mile | 50-54 | Jim | Swadling | Coquitlam | 05/23/98 | 4:43.6 |
| mile | 55-59 | Herb | Phillips | Coquitlam | 05/23/98 | 5:02 |
| mile | 60-64 | Jim | Thompson | Coquitlam | 05/23/98 | 5:24 |
| mile | 65-69 | Frank | Kurucz | Coquitlam | 05/23/98 | 6:02 |
| mile | 70-74 | Barrie | Dargie | Victoria | 11/04/17 | 6:16 |

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|------|-------|---------|-----------|-----------------|----------|-----------|---|
| 5k | 40-44 | Graeme | Fell | Port Moody | 07/15/00 | 14:18 | |
| 5k | 45-49 | Kevin | O'Connor | Bazan Bay | 3/10/13 | 15:15 | |
| 5k | 50-54 | Mark | Bennett | Vancouver | 6/14/13 | 16:12 | |
| 5k | 55-59 | David | Guss | Kelowna | 07/28/19 | 16:39 | p |
| 5k | 55-59 | Maurice | Tarrant | UVIC | 04/02/88 | 16:54 | |
| 5k | 60-64 | Jim | Swadling | Vancouver | 06/15/07 | 17:49 | |
| 5k | 65-69 | Maurice | Tarrant | | 03/19/95 | 18:06 | |
| 5k | 70-74 | Herb | Phillips | Vancouver | 06/17/11 | 19:14 | |
| 5k | 75-79 | Maurice | Tarrant | Bazan Bay | 03/13/05 | 20:42 | |
| 5k | 80-84 | Maurice | Tarrant | Bazan Bay | 03/07/10 | 23:37 | |
| 5k | 85-89 | Maurice | Tarrant | Bazan Bay | 03/06/16 | 32:31 | |
| 5k | 90-94 | Jim | Silvester | Bazan Bay | 03/05/17 | 57:12 | |
| 5k | 95-99 | Jim | Silvester | Bazan Bay | 04/08/18 | 1:14:07 | |
| | | | | | | | |
| 8k | 40-44 | Graeme | Fell | Steveston | 02/06/00 | 23:41 | |
| 8k | 45-49 | Dave | Reed | Steveston | 02/06/00 | 25:20 | |
| 8k | 50-54 | Simon | Timmer | Victoria | 10/ /94 | 26:39 | |
| 8k | 55-59 | Simon | Timmer | Bazan Bay | 05/10/98 | 27:01 | |
| 8k | 60-64 | Maurice | Tarrant | Brentwood Vict. | | 28:47 | |
| 8k | 65-69 | Herb | Phillips | Steveston | 01/29/06 | 29:41 | |
| 8k | 70-74 | Herb | Phillips | Steveston | 01/30/11 | 31:47 | |
| 8k | 75-79 | Maurice | Tarrant | Saanich | 01/15/06 | 35:38 | |
| 8k | 80-84 | Maurice | Tarrant | Saanich | 01/10/10 | 38:15 | |
| 8k | 85-89 | Maurice | Tarrant | Saanich | 01/11/15 | 50:02 | |
| | | | | | | | |
| 10k | 35-39 | Jon | Brown | Cardiff, UK | 07/27/08 | 29:31 | |
| 10k | 40-44 | Graeme | Fell | Sun Run | 04/22/01 | 30:09 | |
| 10k | 45-49 | Rob | Lonergan | Sun Run | 04/15/7 | a 31:19 | |
| 10k | 45-49 | Kevin | O'Connor | Victoria | 04/29/12 | 31:48 | |
| 10k | 50-54 | Herb | Phillips | UBC | 06/13/92 | 33:23 | |
| 10k | 55-59 | Simon | Timmer | Mill Bay | 01/24/99 | 34:19 | |
| 10k | 60-64 | Jim | Swadling | Sun Run | 04/15/7 | a 36:12 | |
| 10k | 60-64 | Herb | Phillips | Kamloops | | 36:30 | |
| 10k | 65-69 | Herb | Phillips | White Rock | 04/06/06 | a 37:20 | |
| 10k | 65-69 | Maurice | Tarrant | Garden City | 04/30/95 | 37:29 | |
| 10k | 70-74 | Jim | Swadling | Victoria | 04/29/18 | 40:19 | |
| 10k | 75-79 | Maurice | Tarrant | Victoria | 04/24/05 | 42:13 | |
| 10k | 80-84 | Maurice | Tarrant | Victoria | 04/25/10 | 47:51 | |
| 10k | 85-89 | Maurice | Tarrant | Cobble Hill | 01/25/15 | 1:07:06 | |
| 10k | 90-94 | Hans | Sandberg | Victoria | 04/29/12 | 1:27:48 | |
| | | | | | | | |
| 1/2M | 35-39 | Jon | Brown | Uster, SUI | 09/20/08 | 1:05:54 | |
| 1/2M | 40-44 | James | Finlayson | Vancouver | 02/10/13 | 1:07:04 | |
| 1/2M | 45-49 | James | Finlayson | Copenhagen | 09/16/18 | 1:08:20 | |
| 1/2M | 50-54 | Herb | Phillips | Las Vegas | 02/05/94 | a 1:12:29 | |
| 1/2M | 50-54 | Mark | Bennett | Vancouver | 02/16/14 | 1:13:33 | |
| 1/2M | 55-59 | Rick | Whiting | Las Vegas | 02/05/94 | a 1:15:57 | |
| 1/2M | 55-59 | Maurice | Tarrant | | 09/26/88 | 1:16:50 | |
| 1/2M | 60-64 | Jim | Swadling | Vancouver | 02/10/08 | 1:20:26 | |
| 1/2M | 65-69 | Herb | Phillips | Vancouver | 02/19/06 | 1:23:20 | |

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|------|-------|---------|-----------|--------------|----------|---|---------|
| 1/2M | 70-74 | Herb | Phillips | Delta | 08/10/10 | | 1:30:33 |
| 1/2M | 75-79 | Maurice | Tarrant | Comox Valley | 03/20/05 | | 1:37:37 |
| 1/2M | 80-84 | Maurice | Tarrant | Comox Valley | 03/21/10 | | 1:51:30 |
| 1/2M | 85-89 | Hans | Sandberg | Victoria | 08/10/10 | | 3:07:19 |
| 1/2M | 85-89 | Hazura | Sangha | Comox Valley | 03/18/18 | | 2:27:05 |
| 1/2M | 90-94 | Hans | Sandberg | Victoria | 10/07/12 | | 3:11:53 |
| Mar | 35-39 | Jon | Brown | Fukuoka, Jpn | 12/07/08 | | 2:12:27 |
| Mar | 40-44 | Bruce | Deacon | New York | 11/04/07 | | 2:24:20 |
| Mar | 45-49 | John | Weston | | | | 2:33:53 |
| Mar | 45-49 | James | Finlayson | Victoria | 10/07/18 | | 2:25:11 |
| Mar | 50-54 | Mark | Bennett | Boston | 04/21/14 | a | 2:34:41 |
| Mar | 50-54 | Mark | Bennett | Victoria | 10/13/13 | | 2:37:20 |
| Mar | 55-59 | Herb | Phillips | Sacramento | 12/03/95 | a | 2:38:25 |
| Mar | 55-59 | Herb | Phillips | Victoria | 10/08/95 | | 2:40:19 |
| Mar | 60-64 | Herb | Phillips | Victoria | 10/10/04 | | 2:47:02 |
| Mar | 65-69 | Herb | Phillips | Victoria | 10/09/05 | | 2:52:43 |
| Mar | 70-74 | Herb | Phillips | Victoria | 10/10/10 | | 3:06:08 |
| Mar | 75-79 | Rod | Waterlow | Victoria | 6/14/13 | | 4:01:13 |
| Mar | 80-84 | Hugh | Clifford | Vancouver | 10/04/86 | | 4:19:56 |