

BCA Masters Road Running Records
Updated February 1, 2020

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	03/16/19	15:36	
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	
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	
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	
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	
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
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
1/2M	85-89	Gwen	McFarlan	Victoria	13/10/19		2:21:00 p
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
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
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
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