

2019 ALL NEW B.C. MASTERS OUTDOOR TRACK AND FIELD RECORDS

(35 BC, 7 CR, 0 WR) + 2 from 2018 *to June 16, 2019

NOTE: The 7 records with a "+" were approved by the BC Athletics Masters committee on June 12, 2009. The records with a "p" require record application forms.

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE	
100M						
W60	14.40 -0.2	Patty Szybunka	61	16/06/19	Langley, BC	
200M						
W60	30.07 -1.0	Patty Szybunka	61	14/06/19	Langley, BC	
400M						
800M						
1500M						
MILE						
M55	4:50.34 +	David Guss	58	24/05/19	Kelowna, BC	
10000M						
W35	31:43.26 +	Natasha Wodak	37	02/05/19	Palo Alto, CA	CR
SPRINT HURDLES						
W40	14.36 2.0 p	Jeannette Van Den Bulk	42	12/05/19	Victoria, BC	
W40	14.01 -1.6	Jeannette Van Den Bulk	42	15/06/19	Langley, BC	
W50	14.53 -1.6	Sunette Lessing	51	15/06/19	Langley, BC	
LONG HURDLES						
M80	41.01 1.0 p	Karl Mey	82	04/05/19	Kamloops, BC	
M80	41.12 -3.8	Karl Mey	82	16/06/19	Langley, BC	
STEEPLECHASE						
4 x 100M RELAY						
4 x 400M RELAY						
LONG JUMP						
M35	6.15 0.0 p	Dwight Liburd	36	04/05/19	Kamloops, BC	
M90	1.79 1.9	Danny Daniels	90	15/06/19	Langley, BC	
W55	4.26 0.0	Miriam Cavani	58	15/06/19	Langley, BC	
W60	4.26 1.7	Patty Szybunka	61	15/06/19	Langley, BC	
TRIPLE JUMP						
W60	8.41 0.0	Patty Szybunka	61	16/06/19	Langley, BC	
HIGH JUMP						
W55	1.44	Miriam Cavani	58	15/06/19	Langley, BC	CR
W60	1.40	Monica Pomietlarz	60	15/06/19	Langley, BC	CR
POLE VAULT						
W35	2.85	Lindsey Canary	39	11/05/19	Victoria, BC	
W35	3.00 +	Lindsey Canary	39	26/05/19	Nanaimo, BC	
SHOT PUT						
W50	11.25	Julia Hengstler	52	16/06/19	Langley, BC	ties CR
W60	10.02	Monica Pomietlarz	60	16/06/19	Langley, BC	
W70	8.30 +	Rose Hare	70	26/05/15	Langley, BC	
W85	6.72	Myrtle Acton	86	16/06/19	Langley, BC	CR
DISCUS						
W70	23.56 +	Rose Hare	70	26/05/19	Langley, BC	
JAVELIN THROW						
W45	29.19 p	Nicole Carlos	45	04/05/19	Kamloops, BC	
W45	30.09	Nicole Carlos	45	15/06/19	Langley, BC	
W60	28.83	Monica Pomietlarz	60	15/06/19	Langley, BC	
HAMMER THROW						
M60	47.66 p	Michael Houser	61	04/05/19	Kamloops, BC	
M60	47.32	Cory Holly	61	14/06/19	Langley, BC	
W55	35.78	Nancy Smith	55	14/06/19	Langley, BC	
W70	30.35 +	Rose Hare	70	28/04/19	Langley, BC	
W75	30.18 p	Kathy Brand	76	04/05/19	Kamloops, BC	CR

WEIGHT THROW

M50	14.39	Graham Morfitt	51	11/09/18	Malaga, SPN
W45	10.93 p	Nicole Carlos	45	04/05/19	Kamloops, BC
W45	11.04	Nicole Carlos	45	14/06/19	Langley, BC
W70	11.27 +	Rose Hare	70	26/05/19	Langley, BC
W75	10.59 p	Kathy Brand	76	04/05/19	Kamloops, BC
W75	10.51	Kathy Brand	76	14/06/19	Langley, BC
W85	8.71	Myrtle Acton	86	14/06/19	Langley, BC

SUPERWEIGHT

W55	6.15 p	Nancy Smith	55	28/04/19	Langley, BC
W70	7.58 ++	Rose Hare	70	28/04/19	Langley, BC

THROWS PENTATHLON

M50	3490	Graham Morfitt	51	13/09/18	Malaga, SPN
		<i>(36.70/570, 10.80/646, 35.80/595, 61.44/972, 13.84/707)</i>			
W45	2960 p	Nicole Carlos	45	03/05/19	Kamloops, BC
		<i>(30.22/677, 8.01/501, 29.75/574, 27.31/554, 9.75/654)</i>			
W70	3921 p	Cheryl Closkey	71	03/05/19	Kamloops, BC
		<i>(27.37/987, 7.39/775, 21.62/740, 16.56/567, 10.79/852)</i>			
W70	4116 ++	Rose Hare	70	26/05/19	Langley, BC
		<i>(28.77/1047, 8.30/888, 21.60/740, 16.36/559, 11.12/882)</i>			

PENTATHLON**1500M RACE WALK****3000M RACE WALK**

W80	24:26.72	Renate Cheetham	81	15/06/19	Langley, BC	CR
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5000M RACE WALK

WR	World record					
CR	Betters listed Canadian record					
p	Pending - Record application form not completed.					
+	Approved on June 12, 2019					
++	Was missing record form but now COMPLETED					

OUTDOOR RECORDS MISSED FROM PAST YEARS (All 8 records approved on June 12, 2019)*(Race walk records from 2004 Canadian Championships in Calgary)*

W55	3000M RW	20:21.85	Faune Johnson	56	17/07/04	Calgary, AB
M50	3000M RW	15:15:11	Gerry Dragomir	52	17/07/04	Calgary, AB
W55	5000M RW	35:02.78 faster	Faune Johnson	56	18/07/04	Calgary, AB
M85	5000M RW	42:57.89	Claude Bell	86	18/07/04	Calgary, AB

(Results from 2005 WMA Championships in Spain)

W55	5000M RW	36:10.82 slower	Faune Johnson	57	??/08/05	San Sebastian
W70	10K Road W	1:25:01	Ruth Carrier	74	??/08/05	San Sebastian

(Result from the 1979 BC Open Championships in Surrey)

M35	200M	22.3 (h) 3 ^d	Harold Morioka	36	??/07/79	Surrey, BC
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(Result from the 2009 Canadian Championships in Kamloops)

M35	400m hurdles	1:10.24	Trevor Wight	35	19/07/09	Kamloops, BC
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