

# B.C. MASTERS OUTDOOR TRACK AND FIELD RECORDS

Updated October 12, 2023)

Effective January 01, 2001: Wind readings are required in races 200m and shorter, and in the long and triple jump. Only electronic times will be accepted in races 400m and shorter. Those marks established with electronic timing are recorded to the hundredth of a second, while hand times are rounded up to the tenth of a second. The conversion factor comparing hand times to electronic times is +0.24 seconds (+0.14 for 400m). "p" indicates pending records.

\*\*\* 2023 records (52 + 1 tied). Records broken after Aug 10, 2023 are pending until approved at 2024 AGM

<u>AGE</u>	<u>RECORD</u>	<u>RECORD HOLDER</u>	<u>AGE</u>	<u>DATE</u>	<u>VENUE</u>
<b>100M</b>					
M35	10.9(h)	Harold Morioka	35	17/06/78	Vancouver, BC
M40	11.10 2.0	David Lee Provo	40	16/08/03	Richmond, BC
M45	11.11	Harold Morioka	45	27/08/88	Toronto, ON
M50	11.62 1.1	Tom Dickson	51	17/07/04	Calgary, AB
M55	12.01 -1.4	Tom Dickson	57	23/07/10	Sacramento, CA
M60	12.10 1.9	Tom Dickson	61	21/06/14	Pasadena, CA
M65	12.95 -0.1	Tom Dickson	66	09/07/19	Surrey, BC
M70	13.32 -0.2	Tom Dickson	<b>70</b>	<b>01/08/23</b>	Surrey, BC
<b>M70</b>	<b>13.14 1.2 p</b>	<b>Tom Dickson</b>	<b>70</b>	<b>11/08/23</b>	<b>Langley, BC</b>
M75	14.51 1.7	Norm Lesage	77	10/10/07	St. George, UT
M80	15.70 0.0	Norm Lesage	82	19/05/12	Kamloops, BC
M85	18.00 -1.0	Norm Lesage	85	25/04/15	Surrey, BC
M90	22.86 0.0	Joe Giegerich	90	13/08/22	Surrey, BC
M95	1:18.82 -0.2	William Falconer	95	27/08/15	Burnaby, BC
M100	1:25.21 -0.9	Nihal Gill	101	29/08/16	Vancouver, BC
W35	13.19 0.9	Natasha Bacchus	37	13/06/15	Coquitlam, BC
W35	tie 13.19 -0.8	Karin Adande	36	26/07/22	Surrey, BC
W40	13.14 1.9	Betsy Lord	43	31/07/99	Gateshead, GBR
W45	13.17 0.0	Kim Ross	47	08/08/08	Spokane, WA
W50	13.84 1.4	Avril Douglas	51	01/08/98	Orono, ME
W55	14.24 1.4	Avril Douglas	55	25/08/01	Toronto, ON
W60	14.08 1.1	Patty Szybunka	61	20/07/19	Toronto, ON
W65	14.73 0.8	<b>Patty Szybunka</b>	<b>65</b>	<b>04/07/23</b>	Surrey, BC
W70	15.86 0.3	Christa Bortignon	74	18/08/11	Trail, BC
W75	15.82 0.7	Christa Bortignon	76	21/08/13	Kamloops, BC
W80	17.06 1.1	Christa Bortignon	81	28/07/18	Spokane, WA
W85	18.14 0.0	Christa Bortignon	85	13/08/22	Surrey, BC
W90	23.95 1.3	Olga Kotelko	90	11/10/09	Sydney, AUS
<b>200M</b>					
M35	22.3 (h)	Harold Morioka	36	08/07/79	Surrey, BC
M35	23.40 0.6	Brian Carnate	39	25/04/17	Auckland, NZL
M40	22.47 -2.1	David Lee Provo	40	17/08/03	Richmond, BC
M45	23.26 0.1	David Lee Provo	47	18/10/09	Sydney, AUS
M50	23.72	Harold Morioka	51	26/06/94	Eugene, OR
M55	24.44 1.3	Harold Morioka	56	03/08/99	Gateshead, GBR
M60	25.36 1.4	Harold Morioka	60	22/06/03	Eugene, OR
M65	27.78 -1.5	Tom Dickson	66	10/08/19	Seattle, WA
M70	29.22p nwi	Andy Aadmi	73	19/07/09	Kamloops, BC
M70	29.26 0.7	Tom Ukonmaanaho	73	05/08/18	Surrey, BC
M75	29.51 -1.6	Norm Lesage	75	18/06/05	Langley, BC
M80	33.61 -0.6	Norm Lesage	81	10/07/11	Burnaby, BC
M85	39.17 -1.5	Karl Mey	85	03/07/22	Tampere, FIN
M90	50.19 0.0	Joe Giegerich	90	14/08/22	Surrey, BC
W35	26.54 0.5	Corri Fell (Thompson)	<b>35</b>	<b>09/07/23</b>	Nanaimo, BC
W40	27.03 -0.3	Betsy Lord	43	03/08/99	Gateshead, GBR
W45	27.15	Avril Douglas	47	13/08/93	Provo, UT
W50	28.53 0.5	Avril Douglas	54	19/08/00	Kamloops, BC
W55	27.90?? 1.2	Avril Douglas	55	26/08/01	Toronto, ON
W60	30.07 -1.0	Patty Szybunka	61	14/06/19	Langley, BC
W65	30.74 1.1	<b>Patty Szybunka</b>	<b>65</b>	<b>04/07/23</b>	Surrey, BC
W70	33.70 1.2	Diane Palmason	71	19/07/09	Kamloops, BC
W75	33.86 1.6	Christa Bortignon	76	01/06/13	Stendal, GER
W80	37.00 1.1	Christa Bortignon	80	06/05/17	Kamloops, BC
W85	39.58 1.6	Christa Bortignon	85	17/06/22	Prince George, BC
W90	56.46 0.0	Olga Kotelko	90	03/08/09	Lahti, FIN

**400M**

M35	49.3(h)	Harold Morioka	35	24/06/78	Victoria, BC
M35	49.52	Harold Morioka	36	22/06/79	Vancouver, BC
M40	50.52	Harold Morioka	42	28/06/85	Rome, ITA
M45	50.60	Harold Morioka	46	05/08/89	Eugene, OR
M50	51.70	Harold Morioka	51	25/06/94	Eugene, OR
M55	53.3(h)	Harold Morioka	56	06/07/99	Burnaby, BC
M55	53.61	Harold Morioka	56	19/06/99	Eugene, OR
M60	55.04	Harold Morioka	60	21/06/03	Eugene, OR
M65	1:03.86	Reidar Zapf-Gilje	65	13/09/17	Vernon, BC
M70	1:07.47	Andy Aadmi	73	05/08/09	Burnaby, BC
M75	1:10.54	Andy Aadmi	75	16/07/11	Sacramento, CA
M80	1:22.01	Karl Mey	81	04/08/18	Surrey, BC
M85	1:32.68	Karl Mey	85	21/08/21	Surrey, BC
M90	2:12.03	Harry Thompson	90	18/05/13	Kamloops, BC

W35	57.84	Robyn Poulin	36	06/06/19	Coquitlam, BC
W40	59.75	Erna Kozak	40	27/06/85	Rome, ITA
W45	1:00.02	Avril Douglas	47	12/08/93	Provo, UT
W50	1:02.95	Avril Douglas	50	23/08/96	Eugene, OR
W55	1:02.40	Avril Douglas	55	25/08/01	Toronto, ON
W60	1:09.57	Avril Douglas	60	25/08/06	Abbotsford, BC
W65	1:19.39	Sandra Bissessur	65	28/08/15	Burnaby, BC
W70	1:17.14	Diane Palmason	71	18/07/09	Kamloops, BC
W75	1:19.53	Christa Bortignon	76	22/08/13	Kamloops, BC
W80	1:35.88	Christa Bortignon	80	05/05/18	Kamloops, BC
W85	2:10.81	Lenore Montgomery	87	08/07/17	Burnaby, BC
W90	2:50.28	Olga Kotelko	90	17/09/09	Richmond, BC

**800M**

M35	1:54.02	Mark Knoop	39	17/06/06	Victoria, BC
M40	1:55.40	Mark Knoop	40	03/06/07	Richmond, BC
M45	2:00.24	Warren McCulloch	45	17/07/11	Coquitlam, BC
M50	2:01.26	Harold Morioka	50	13/06/93	Coquitlam, BC
M55	2:07.1(h)	Harold Morioka	56	29/06/99	Burnaby, BC
M60	2:10.77	Mark Pinckard	61	22/08/21	Surrey, BC
M65	2:24.20	Reidar Zapf-Gilje	65	13/08/17	Toronto, ON
M70	2:39.78	Joe Giegerich	70	14/07/02	Toronto, ON
M75	2:50.50	Mark Stewart	76	12/09/20	Surrey, BC
M80	3:13.83	Pat Harton	80	31/07/22	Regina, SK
M85	3:54.86	Karl Mey	85	01/07/22	Tampere, FIN
M90	5:07.40	Harry Thompson	90	21/08/13	Kamloops, BC
W35	2:00.08	Diane Cummins	36	14/08/10	Kessel-Lo, BEL
W40	2:01.38	Diane Cummins	40	08/07/14	Victoria, BC
W45	2:16.1(h)	Maureen de St. Croix	48	19/07/01	Burnaby, BC
W50	2:16.62	Maureen de St. Croix	50	17/06/03	Burnaby, BC
W55	2:32.57	Avril Douglas	55	15/06/02	Langley, BC
W60	2:49.39	Avril Douglas	60	26/08/06	Abbotsford, BC
<b>W60</b>	<b>2:49.12</b>	<b>p Juliette Christie</b>	<b>61</b>	<b>18/08/23</b>	<b>Vancouver, BC</b>
W65	3:04.53	Hazel Cameron	65	30/07/89	Eugene, OR
W70	3:06.74	Diane Palmason	70	28/06/08	Courtenay, BC
W75	3:37.05	Lenore Montgomery	75	12/06/05	Duncan, BC
W80	3:59.66	Karin Vickars	80	05/08/18	Surrey, BC
W85	4:33.86	Lenore Montgomery	85	27/08/15	Burnaby, BC
W90	6:13.82	Lenore Montgomery	90	12/09/20	Surrey, BC

**1500M**

M35	3:45.2(h)	Paul Williams	35	27/05/92	Abbotsford, BC
M40	4:01.50	Barry Adams	41	29/09/83	San Juan, PUR
	4:01.4(h)	Mike Creery	40	21/05/88	Victoria, BC
M45	4:12.3(h)	Mike Creery	45	13/06/93	Eugene, OR
M50	4:23.02	Paul Reimer	50	19/07/05	Burnaby, BC
M55	4:25.70	David Guss	58	30/06/19	Kelowna, BC
M60	4:33.19	Mark Pinckard	61	07/07/22	Tampere, FIN
M65	5:01.46	Herb Phillips	66	01/08/06	Burnaby, BC
M70	5:20.57	Herb Phillips	70	25/07/10	Sacramento, CA
M75	5:56.11	Herb Phillips	75	28/08/15	Burnaby, BC

M80	6:28.10	Pat Harton	81	15/09/22	Victoria, BC
M85	7:59.56	Maurice Tarrant	85	16/06/15	Victoria, BC
M90	10:27.28	Harry Thompson	90	18/05/13	Kamloops, BC
W35	4:07.88	Leah Pells	35	24/06/00	Eugene, OR
W40	4:23.63	Erna Kozak	41	31/05/86	Burnaby, BC
W45	4:37.68	Maureen de St. Croix	49	01/06/02	Burnaby, BC
W50	4:40.92	Maureen de St. Croix	50	15/06/03	Langley, BC
W55	5:18.40	Carol Montgomery	57	28/08/22	Surrey, BC
W60	5:39.39	Juliette Christie	60	28/08/22	Surrey, BC
<b>W60</b>	<b>5:33.05</b>	<b>Janette Wood</b>	<b>63</b>	<b>12/06/23</b>	<b>Langley, BC</b>
W65	6:13.8(h)	Hazel Cameron	65	17/06/89	Edmonton, AB
W70	6:39.93	Diane Palmason	70	29/06/08	Courtenay, BC
W75	6:57.67	Lenore Montgomery	75	11/06/05	Duncan, BC
W80	7:55.16	Karin Vickars	80	10/07/18	Surrey, BC
W85	9:06.76	Lenore Montgomery	85	28/08/15	Burnaby, BC
W90	12:34.67	Lenore Montgomery	90	12/09/20	Surrey, BC

### MILE

M35	4:14.7(h)	Barry Adams	39	08/08/81	Vancouver, BC
M40	4:15.85	Graeme Fell	41	29/10/00	San Francisco, CA
M45	4:38.46	Mike Creery	45	02/06/93	Port Alberni, BC
M50	4:35.89	Colin Dignum	50	12/06/16	Eugene, OR
M55	4:50.34	David Guss	58	24/05/19	Kelowna, BC
M60	4:54.90	David Guss	60	07/08/21	Kelowna, BC
M65	5:29.0	Herb Phillips	65	09/08/05	Burnaby, BC
M70	5:48.6 (h)	Herb Phillips	70	17/07/10	Victoria, BC
M75	6:57.4	Hugh Clifford	78	18/06/85	Burnaby, BC
M80	7:15.0 (h)	Maurice Tarrant	80	17/07/10	Victoria, BC
W35	4:55.71	Erna Kozak	38	25/06/83	Eugene, OR
W40	4:59.27	Nancy Tinari	41	29/10/00	San Francisco, CA
W45	5:03.18	Maureen de St. Croix	48	23/06/01	Eugene, OR
W50	5:02.80	Maureen de St. Croix	50	04/06/03	Richmond, BC
W55	5:41.38	Avril Douglas	55	28/05/02	Richmond, BC
W60	5:58.69	<b>Juliette Christie</b>	<b>61</b>	<b>01/08/23</b>	Surrey, BC
W65	6:38.22	Cindy Rhodes	65	19/07/22	Kelowna, BC
W70	7:33.50	Deanna Clark	71	31/08/19	Vancouver, BC
W75	8:17.4(h)	Hazel Cameron	75	13/07/99	Burnaby, BC
W80	9:49.4(h)	Ivy Granstrom	80	31/05/92	Burnaby, BC
W85	11:54.3	Ivy Granstrom	86	27/06/98	Eugene, OR

### 3000M

M35	8:09.27	Graeme Fell	39	23/05/98	Richmond, BC
M40	8:45.4(h)	Mike Creery	40	06/05/88	Victoria, BC
M45	8:56.62	Rob Lonergan	47	11/07/06	Burnaby, BC
M50	9:18.80	Colin Dignum	50	14/05/16	Victoria, BC
M55	9:44.20	David Guss	57	16/06/18	Langley, BC
M60	9:52.30	David Guss	60	22/08/21	Surrey, BC
M65	10:36.2(h)	Maurice Tarrant	65	07/05/95	Victoria, BC
M70	11:11.88	Herb Phillips	70	27/07/10	Burnaby, BC
M75	12:19.17	Maurice Tarrant	75	15/05/05	Victoria, BC
M80	14:07.0(h)	Maurice Tarrant	80	15/05/10	Victoria, BC
M85	17:01.99	Maurice Tarrant	85	30/05/15	Victoria, BC
M90	22:08.45	Harry Thompson	91	28/06/14	Kelowna, BC
W35	8:59.21	Ulla Marquette	35	08/08/93	Lindau, GER
W40	9:40.89	Catherine Watkins	42	24/05/14	Victoria, BC
W45	9:44.94	Marilyn Arsenault	47	30/05/15	Victoria, BC
W50	11:02.02	Juliette Christie	50	16/06/12	Langley, BC
W55	11:19.04	Carol Montgomery	57	14/08/22	Surrey, BC
W60	11:52.19	Juliette Christie	60	14/08/22	Surrey, BC
W65	14:41.26	Lynette Baldock	65	16/06/12	Langley, BC
W70	15:27.4(h)	Ivy Granstrom	73	27/07/85	Gresham, OR
W75	15:32.99	Gwen McFarlan	78	08/07/12	Burnaby, BC
W80	16:47.89	Lenore Montgomery	82	16/06/12	Langley, BC
W85	19:58.05	Lenore Montgomery	87	09/07/17	Burnaby, BC

**5000M**

M35	14:01.54	Paul Williams	35	24/05/92	Portland, OR
M40	14:47.2(h)	Mike Creery	40	28/05/88	
M45	15:22.4 (h)	Colin Dignum	45	19/06/11	Victoria, BC
M50	15:49.60	Colin Dignum	50	30/04/16	Bellingham, WA
M55	16:30.97	David Guss	58	29/06/19	Kelowna, BC
M60	17:10.99	David Guss	60	20/10/21	Kelowna, BC
M65	18:30.06	Herb Phillips	66	25/07/06	Burnaby, BC
M70	19:29.08	Herb Phillips	70	22/07/10	Sacramento, CA
M75	20:51.35	Herb Phillips	75	26/08/15	Burnaby, BC
M80	24:16.4(h)	Maurice Tarrant	80	21/08/10	Victoria, BC
M85	30:12.55	Maurice Tarrant	85	26/08/15	Burnaby, BC
M90	52:49.87	Les Leyland	90	07/09/07	Riccione, ITA
W35	15:29.44	Natasha Wodak	36	10/06/18	Portland, OR
W40	16:55.1(h)	Nancy Tinari	44	24/06/03	Burnaby, BC
W45	16:51.08	Marilyn Arsenault	47	13/06/15	Portland, OR
W50	17:22.97	Lucy Smith	50	21/06/17	Victoria, BC
W55	20:21.22	Gwyneth Woodson	56	07/09/07	Riccione, ITA
<b>W55</b>	<b>19:44.86</b>	<b>p Alita Dommann</b>	<b>55</b>	<b>13/08/23</b>	<b>Langley, BC</b>
W60	21:29.86	Wendy Armstrong-Taylor	60	02/07/16	Kelowna, BC
W65	22:24.61	Rosamund Dashwood	65	04/08/89	Eugene, OR
W70	23:43.35	Lenore Montgomery	73	04/09/03	Chilliwack, BC
W75	25:09.0(h)	Gwen McFarlan	75	17/09/09	Richmond, BC
W80	28:11.90	Lenore Montgomery	82	22/08/12	Burnaby, BC
W85	32:36.20	Lenore Montgomery	85	26/08/15	Burnaby, BC

**10000M**

M35	29:01.67	Paul Williams	35	??/05/92	Barcelona, ESP
M40	31:03.64	Jim Finlayson	41	07/06/14	Victoria, BC
M45	31:55.92	Bruce Deacon	46	31/08/13	Victoria, BC
M50	34:18.01	Herb Phillips	51	03/07/92	Richmond, BC
M55	35:19.0(h)	Herb Phillips	57	22/07/97	Burnaby, BC
M60	35:50.3(h)	David Guss	60	02/10/21	Vancouver, BC
M65	38:31.84	Maurice Tarrant	66	09/08/96	Victoria, BC
M70	40:02.31	Herb Phillips	70	24/07/10	Sacramento, CA
M75	47:39.7(h)	Hugh Clifford	75	22/08/81	Richmond, BC
M80	55:42.19	Les Leyland	80	19/07/97	Durban, RSA
W35	31:43.26	Natasha Wodak	37	02/05/19	Palo Alto, CA
W40	32:42.77	<b>Natasha Wodak</b>	<b>41</b>	<b>23/06/23</b>	Langley, BC
W45	34:28.11	Marilyn Arsenault	45	31/08/13	Victoria, BC
W50	45:40.00	Marcia Stromsmoe	52	09/07/01	Brisbane, AUS
W55	42:03.42	Gwyneth Woodson	56	12/09/07	Riccione, ITA
W60	48:35.20	Rosamund Dashwood	63	28/11/87	Melbourne, AUS
W65	46:54.87	Rosamund Dashwood	65	29/07/89	Eugene, OR
W70	52:43.86	Lenore Marvin	71	21/07/91	Turku, FIN
W75	54:12.57	Lenore Montgomery	76	21/07/06	Dieppe, NB
W80	1:09:32.1(h)	Ivy Granstrom	80	15/08/92	Spokane, WA
W85	1:26:55.70	Ivy Granstrom	86	03/07/98	Saskatoon, SK

**SPRINT HURDLES**

**M35-49** (110m-39" @ 9.14m); **M50-59** (100m-36" @ 8.5m); **M60-69** (100m-33" @ 8.0m);  
**M70-79** (80m-30" @ 7.0m); **M80+** (80m-27" @ 7.0m)

M35	14.92	0.6	Doug McLaren	36	07/07/12	Burnaby, BC
M40	15.49	-0.0	Tim Kroeker	40	18/06/11	Langley, BC
M45	18.51	0.0	Pete Pretorius	48	05/07/14	Burnaby, BC
M50	15.84	0.4	Jess Brewer	50	22/08/96	Eugene, OR
M55	16.69	1.3	Warren Hamill	56	13/07/02	Toronto, ON
M60	17.24	-2.3	Warren Hamill	60	17/06/06	Langley, BC
M65	17.80	1.1	Reidar Zapf-Gilje	65	08/07/17	Burnaby, BC
M70	15.23	0.0	Reidar Zapf-Gilje	70	13/08/22	Surrey, BC
M75	18.08	0.0	Tom Ukonmaanaho	77	28/08/22	Surrey, BC
M80	18.58	-1.4	Lynn Thompson	80	14/09/19	Kelowna
M85	26.57	-0.8	Joe Giegerich	85	15/09/17	Vernon, BC

W35-39 (100m-33" @ 8.5m); W40-49 (80m-30" @ 8.0m); W50-59 (80m-30" @ 7.0m); W60+ (80m-27" @ 7.0m)

W35	17.01	1.9	Jeannette Van Den Bulk	36	05/08/13	Turin, ITA
W40	14.01	-1.6	Jeannette Van Den Bulk	42	15/06/19	Langley, BC
W45	14.14	0.0	Jeannette Van Den Bulk	45	09/07/22	Tampere, FIN

W50	14.02	1.8	Sunette Lessing	51	19/07/19	Toronto, ON
W55	16.70	0.3	Margaret Rhebergen	59	10/09/14	Langley, BC
W60	14.77	0.0	Cindy O'Brien Hugh	64	27/08/22	Surrey, BC
W65	17.37	-1.9	Urith Hayley	65	28/08/16	Vancouver, BC
W70	18.15	0.0	Deborah Lee	70	12/09/20	Surrey, BC
W75	17.44	0.6	Christa Bortignon	76	21/08/13	Kamloops, BC
W80	20.12	1.1	Christa Bortignon	81	03/08/18	Surrey BC

**INTERMEDIATE HURDLES**      **M35-49 (400m @ 36"); M50-59 (400m @33"); M60-69 (300m @30"); M70-79 (300m-27"); M80+ (200m-27")**

M35	1:10.24		Trevor Wight	35	19/07/09	Kamloops, BC
M40	57.3(h)		Harold Morioka	41	11/07/84	Burnaby, BC
M45	59.33		Harold Morioka	45	04/08/88	Orlando, FL
M50	58.82		Harold Morioka	51	13/08/94	Eugene, OR
M55	1:03.03		Harold Morioka	57	19/08/00	Kamloops, BC
M60	45.33		Harold Morioka	60	05/07/03	Carolina, PUR
M65	50.02		Jess Brewer	65	11/07/11	Sacramento, CA
M70	54.15		Harold Morioka	70	18/05/13	Kamloops, BC
M75	55.87		Andy Aadmi	75	11/07/11	Sacramento, CA
M80	40.51	-0.4	Lynn Thompson	80	11/09/19	Kelowna, BC

			<b>W35-49 (400m-30"); W50-59 (300m-30"); W60-69 (300m-27"); W70+ (200m-27")</b>			
W35	1:02.79		Jeannette Van Den Bulk	37	10/05/14	Victoria, BC
W40	1:07.45		Jeannette Van Den Bulk	40	23/04/17	Auckland, NZL
W45	1:11.38		Jeannette Van Den Bulk	45	30/04/22	Bellingham, WA
W50	1:03.94		Nancy Cochrane	50	09/08/02	Orono, ME
W55	58.31		<b>Judy Summers</b>	<b>59</b>	<b>02/07/23</b>	Kelowna, BC
W60	1:09.10		Laurie Ritchie	61	31/07/22	Regina, SK
W65	1:19.80		Naomi Moriyama	65	11/09/19	Kelowna, BC
W70	43.71	-0.3	Christa Bortignon	74	31/07/11	Berea, OH
W75	39.89	0.0	Christa Bortignon	76	18/05/13	Kamloops, BC
W80	46.64	-0.5	Christa Bortignon	80	05/05/17	Kamloops, BC

**STEEPLECHASE**      **M35-59 (3000m-36"); M60+ and Women (2000m-30")**

M35	8:24.74		Graeme Fell	36	09/08/95	Gothenburg, SWE
M40	9:56.0(h)		Don Trethewey	42	07/07/79	Burnaby, BC
M45	10:15.7(h)		Don Trethewey	45	15/08/82	Ottawa, ON
M50	11:24.20		Dave Cressman	50	08/06/19	Coquitlam, BC
M55	11:32.12		David Guss	57	29/06/18	Kelowna, BC
M60	7:08.81		David Guss	60	22/08/21	Surrey, BC
M65	7:52.04		Reidar Zapf-Gilje	65	08/07/17	Burnaby, BC
M70	9:57.60		Barrie Dargie	74	15/06/18	Langley, BC
<b>M70</b>	<b>8:54.20</b>	<b>p</b>	<b>Reidar Zapf-Gilje</b>	<b>71</b>	<b>12/08/23</b>	<b>Langley, BC</b>
M75	13:21.07		Arthur Gee	77	22/08/21	Surrey, BC
W35	10:36.40		Halimah Beaulieu	39	22/08/21	Surrey, BC
W45	10:11.35		Nancy Cochrane	49	26/07/01	Baton Rouge, LA
W50	8:41.67		Leslie Stevens	50	30/08/16	Vancouver, BC

**4 x 100M RELAY**

M35	44.90		Brian Carnate (39), Marvin Johnson (43) Luke Wang (45), Steve Colbert (52)	09/07/17	Burnaby, BC
M40	45.93		Brian Carnate (40), Marvin Johnson (44) Charles Oamen (44), Jay Guzman (44)	03/08/18	Surrey, BC
M45	47.54		Brian Carnate(45), Marvin Johnson(48) Sam Walker(51), Andrew Day(47)	28/08/22	Surrey, BC
<b>M45</b>	<b>47.31</b>	<b>p</b>	<b>Brian Carnate(45), Marvin Johnson(49) Jay Guzman (49), Eric Kouwenhoven (46)</b>	<b>12/08/23</b>	<b>Langley, BC</b>
M50	49.47		Derek Prevost(56), Shawn Nouraei(50) Steve Colbert(56), Paul Tshinyama(51)	21/08/21	Surrey, BC
M55	50.49		Herb Gee (61), Tony Badowski (59) Lee Southern (57), Harold Morioka (59)	16/06/02	Langley, BC
M60	53.03		Herb Gee (60), Larry Forseille (64) Les Friesen (64), Doug Fraser (63)	08/07/01	Burnaby, BC
M65	54.17		Tony Badowski (67), Lee Southern (65)	20/06/10	Langley, BC

			Harold Morioka (67), Tuomas Ukonmaanaho (65)		
M70	58.33		Tony Blenman(71), Francisco Machado(71) Harold Morioka (74), Sewa Birring (71)	15/09/17	Vernon, BC
M75	1:03.17		Dave Munro(76), Harold Morioka(75) Surinder Shah(75), David McGraw(75)	04/08/18	Surrey, BC
M80	1:14.61		Les Robson (83), Isaac Thiessen (81) Norm Lesage (80), Adrian Meeuwissen (80)	16/09/10	Courtenay, BC
M85	1:42.81		Ron Huckerby (88), Scot Henney (92) Issac Thiessen (88), Joe Giegerich (85)	15/09/17	Vernon, BC
W35	54.96		Megan Rankin (46), Zelda Webber (39) Georgina Titus (42), Kim Ross (46)	17/06/07	Langley, BC
W40	53.63		Megan Rankin (47), Zelda Webber (40) Georgina Titus (43), Kim Ross (47)	22/07/08	Burnaby, BC
W45	1:00.09		Tamara Robertson(48), Cindy O'Brien Hugh(59) Karen Sieben(55), Patti Rogers(58)	17/06/18	Langley, BC
<b>W45</b>	<b>58.01</b>	<b>p</b>	<b>Nancy Craig (57), Judith Cook (54)</b> <b>Melina Thibodeau(51), Jeannette Van Den Bulk(46)</b>	<b>12/08/23</b>	<b>Langley, BC</b>
W50	1:01.33		Megan Rankin (52), Urith Hayley (62) Elaine Whidden (58), Jill Elliott (50)	16/06/13	Langley, BC
W55	59.20		Cindy O'Brien Hugh(59), Elaine Whidden(63) Monica Pomietlarz(59), Patti Rogers(58)	03/08/18	Surrey, BC
W60	59.60		Cindy O'Brien Hugh(63), Elaine Whidden(67) Patty Szybunka(64), Patti Rogers(62)	13/08/22	Surrey, BC
W65	1:06.51		Deborah Lee(68), Urith Hayley(67) Marie Johnson(65), Karen Shook(67)	03/08/18	Surrey, BC
W70	1:12.01		Diane Palmason (72), Gerda Crosthwaite (71) Louise Reed (75), Christa Bortignon (73)	16/09/10	Courtenay, BC
W75	1:19.88		Cherry Graf(75), Christa Bortignon(84) Marg Radcliffe(79), Avril Douglas(75)	21/08/21	Surrey, BC
W80	1:49.15		Hildegard Buschhaus(80), Olga Kotelko(89) Doreen McLeod-Smith (83), Leona Smith (80)	13/09/08	Prince George, BC
<b>4 x 400M RELAY</b>					
M40	3:50.19		Gary Kuno (42), David Provo (40) Bob Cheng (43), Peter Freeman (51)	17/08/03	Richmond, BC
M45	3:56.54		Alex Galo (56), Win Myint (48) Marvin Johnson (48), Sam Walker (51)	14/08/22	Surrey, BC
M50	4:11.46		Alex Galo (50), Alvaro Galo (51) Mark Phillips (51), Mark Pinckard (56)	05/07/16	Surrey, BC
M55	4:05.2(h)		Tony Badowski (59), Jess Brewer (56) Barry Meier (57), Harold Morioka (59)	13/04/02	Richmond, BC
M60	4:38.90		David Wall (62), Brent Davy (63) Tom Ukonmaanaho (73), Reidar Zapf-Gilje (66)	05/08/18	Surrey, BC
M65	4:37.32		Francisco Machado (71), Hardev Sandhu (68) Barry Sparkes (66), Reidar Zapf-Gilje (65)	16/09/17	Vernon, BC
M70	4:53.44		Tom Ukonmaanaho (71), Sewa Birring (70) Jess Brewer (70), Mark Stewart (72)	30/08/16	Vancouver, BC
M75	5:17.10		Tom Ukonmaanaho(77), Fred Pawluk(75) Mark Stewart (78), Terry Riggins (75)	17/09/22	Victoria, BC
M80	8:19.69		Wolfgang Heinzmann(81), Bruce Butcher(83) George Sennewald (80), Karl Mey (81)	15/09/17	Vernon, BC
W35	5:00.13		Karin Adande (36), Sheila Gelinis (4?) Halimah Beaulieu (40), Marina Khonina (41)	14/08/22	Surrey, BC
W40	4:39.82		Tamara Robertson(48), Melina Thibodeau (46)	05/08/18	Surrey, BC

			Janette Wood(58) Jeannette Van Den Bulk(40)		
W50	5:00.79		Kristin Burris(51), Linda Ordowski(56) Cindy O'Brien Hugh(58), Leslie Stevens(50)	30/08/16	Vancouver, BC
W55	5:08.78		Cindy O'Brien Hugh(59), Elaine Whidden(62) Valerie Scott (62), Janette Wood (57)	16/09/17	Vernon, BC
W60	5:19.48		Coleen Ross(64), Marie Johnson(63) Valerie Scott(61), Elaine Whidden(61)	30/08/16	Vancouver, BC
<b>4 X 800M RELAY</b>					
<b>M35</b>	<b>9:22.65</b>	<b>p</b>	<b>David Guss(62), Jordan Van Besouw(39) Jeff Vogt (44), Ian Sharp (44)</b>	<b>12/10/23</b>	<b>Kelowna, BC</b>
M50	9:24.47		Kevin Searle (50), Garth Campbell (51) Peter Holmes (50), Mark Pinckard (51)	14/05/11	Victoria, BC
M55	10:15.12		Keith Wakelin(57), Wayne Crowe (60) Michael Lax (59), Danny Keyes (55)	23/07/16	Victoria, BC
M60	10:37.46		Paul Reimer(66), Doug Henderson(64) Brent Scott(65), David Guss(60)	21/08/21	Surrey, BC
M70	12:25.94		Fred Pawluk(74), Mark Stewart(77) Terry Riggins(74), Piara Bhullar(75)	21/08/21	Surrey, BC
M75	12:27.30		Barrie Dargie(77), Mark Stewart(77) Pat Harton(79), Piara Bhullar(75)	08/08/21	Surrey, BC
W55	12:28.43		Linda Ordowski (57), Sharon Hann (57) Debbie Jordan (60), Janette Wood (57)	11/07/17	Surrey, BC

#### LONG JUMP

M35	6.15	0.0	Dwight Liburd	36	04/05/19	Kamloops, BC
M40	6.48		Jim Bissenden	42	19/08/00	Kamloops, BC
M45	6.18		Roger Ruth	45	16/09/73	Victoria, BC
M50	5.48		Roger Ruth	50	01/07/78	Richmond, BC
M55	5.37	-0.4	John Hawkins	57	17/06/06	Langley, BC
M60	5.13	1.6	John Hawkins	61	19/06/10	Joplin, MO
M65	4.81	1.9	Tony Badowski	65	11/09/08	Prince George, BC
M70	4.07	0.6	Adrian Meeuwissen	74	02/09/04	Penticton, BC
M70	4.07	0.0	Reidar Zapf-Gilje	70	19/06/22	Victoria, BC
<b>M70</b>	<b>4.12</b>	<b>-1.0</b>	<b>Reidar Zapf-Gilje</b>	<b>71</b>	<b>23/08/23</b>	<b>Abbotsford, BC</b>
M75	4.14	0.6	Adrian Meeuwissen	75	25/08/05	Duncan, BC
M80	3.55	0.0	Larry (Gordon) Chalmers	80	12/10/09	Sydney, AUS
M85	2.77	-0.2	Karl Mey	85	02/07/22	Tampere, FIN
M90	2.09	0.0	Joe Giegerich	90	13/08/22	Surrey, BC
W35	4.82		Erna Kozak	37	15/06/82	Richmond, BC
W40	4.86	1.3	Georgina Titus	43	09/08/08	Spokane, WA
W45	4.67	0.4	Becky Willis	48	21/08/96	Eugene, OR
W50	4.67	1.5	Sunette Lessing	51	19/07/19	Toronto, ON
W55	4.35	-1.6	Miriam Cavani	58	29/06/19	Kelowna, BC
W60	4.26	1.7	Patty Szybunka	61	15/06/19	Langley, BC
W65	3.66	0.7	Deborah Lee	66	02/07/16	Kelowna, BC
W65	3.66	0.6	Deborah Lee	67	08/07/17	Burnaby, BC
<b>W65</b>	<b>3.73</b>	<b>1.4</b>	<b>Cindy O'Brien Hugh</b>	<b>65</b>	<b>24/08/23</b>	<b>Abbotsford, BC</b>
W70	3.48	0.0	Christa Bortignon	74	15/09/11	Lignano, ITA
W75	3.72	0.0	Christa Bortignon	76	06/07/13	Burnaby, BC
W80	3.29	1.8	Christa Bortignon	80	08/07/17	Burnaby, BC
W85	3.03	0.0	Christa Bortignon	85	28/08/22	Surrey, BC
<b>W85</b>	<b>3.11</b>	<b>-0.7</b>	<b>Christa Bortignon</b>	<b>86</b>	<b>24/08/23</b>	<b>Abbotsford, BC</b>
W90	1.77	-0.6	Olga Kotelko	90	07/08/09	Lahti, FIN
W95	1.28	1.5	Olga Kotelko	95	17/05/14	Kamloops, BC

#### TRIPLE JUMP

M35	12.13	0.7	Dwight Liburd	36	21/07/19	Toronto, ON
M40	13.03		Roger Ruth	43	26/09/71	Victoria, BC
M45	12.70	0.7	Hugh Maguire	46	25/07/10	Sacramento, CA
M50	12.94	-0.6	Hugh Maguire	50	08/08/13	Turin, ITA
M55	11.05	-1.7	Warren Hamill	56	14/07/02	Toronto, ON
M60	9.98	1.8	Reidar Zapf-Gilje	63	26/08/15	Burnaby, BC

M65	9.51	0.0	Edwin Liu	65	16/09/22	Victoria, BC
M70	8.60	0.8	Reidar Zapf-Gilje	70	31/07/22	Regina, SK
M75	7.74	-1.6	Lynn Thompson	78	09/06/18	Duncan, BC
M75	8.09	nwi	Adrian Meeuwissen	75	26/08/05	Duncan, BC
M80	7.31	1.4	<b>Lynn Thompson</b>	<b>83</b>	<b>04/06/23</b>	Duncan, BC
M85	6.20	0.0	Joe Giegerich	86	04/08/18	Surrey, BC
M90	4.63	0.2	Joe Giegerich	90	31/07/22	Regina, SK
W35	8.36	-0.6	Karin Adande	35	22/08/21	Surrey, BC
<b>W35</b>	<b>9.11</b>	<b>0.0</b>	<b>Emily Lynch</b>	<b>35</b>	<b>13/08/23</b>	<b>Langley, BC</b>
W40	9.06	0.0	Shauna Bunbury	44	11/07/21	Burnaby, BC
W45	9.60	-1.2	Debbie Brill	49	30/06/02	Eugene, OR
W50	7.71	1.9	Margaret Rhebergen	54	19/07/09	Kamloops, BC
W55	8.59	-0.3	Margaret Rhebergen	58	18/05/14	Kamloops, BC
W60	8.56	0.8	Patty Szybunka	63	22/08/21	Surrey, BC
W65	8.35	-0.9	Deborah Lee	65	18/07/15	Seattle, WA
W70	7.87	0.9	Christa Bortignon	74	19/08/11	Trail, BC
W75	8.11	0.4	Christa Bortignon	75	10/10/12	St. George, UT
W80	7.16	-0.9	Christa Bortignon	80	06/05/17	Kamloops, BC
W85	6.52	0.0	Christa Bortignon	86	02/07/23	Kelowna, BC
<b>W85</b>	<b>6.62</b>	<b>0.0</b>	<b>Christa Bortignon</b>	<b>86</b>	<b>25/08/23</b>	<b>Abbotsford, BC</b>
W90	4.25	0.2	Olga Kotelko	90	18/09/09	Richmond, BC
W95	3.37	0.4	Olga Kotelko	95	18/05/14	Kamloops, BC

### HIGH JUMP

M35	1.90		John Hawkins	35	05/07/84	Richmond, BC
M35	1.90	tie	Kevin Harrison	39	26/06/05	Abbotsford, BC
M40	1.90		John Hawkins	42	08/06/91	Oshawa, ON
M45	1.85		John Hawkins	47	17/08/96	Spokane, WA
M50	1.77		John Hawkins	50	29/08/99	Gateshead, GBR
M55	1.78		John Hawkins	55	21/08/04	Carthage, MO
M60	1.70		John Hawkins	61	19/06/10	Joplin, MO
M65	1.50		John Hawkins	66	28/08/15	Burnaby, BC
M70	1.39		Reidar Zapf-Gilje	70	27/08/22	Surrey, BC
M75	1.25		Les East	75	13/09/14	Langley, BC
M80	1.15		Keith Taylor	80	23/08/13	Kamloops, BC
M80	1.15	tie	Karl Mey	82	05/07/19	Ste-Therese, QC
M85	1.11		Keith Taylor	86	14/09/19	Kelowna, BC
M90	0.85		Joe Giegerich	90	31/07/22	Regina, SK
W35	1.88		Debbie Brill	35	23/04/88	Walnut, CA
W40	1.75		Debbie Brill	43	10/08/96	Victoria, BC
W45	1.76		Debbie Brill	46	06/08/99	Gateshead, GBR
W50	1.60		Debbie Brill	51	19/06/04	Langley, BC
W55	1.44		Miriam Cavani	58	15/06/19	Langley, BC
W60	1.45		Monica Pomietlarz	62	12/06/21	Kelowna, BC
W65	1.25		Sandy Anderson	68	20/06/08	Surrey, BC
W70	1.20		Sandy Anderson	71	13/07/11	Sacramento, CA
W75	1.13		Christa Bortignon	75	24/08/12	Burnaby, BC
W80	0.99		Olga Kotelko	81	10/10/00	St. George, UT
W85	0.95		Christa Bortignon	85	27/08/22	Surrey, BC
W90	0.82		Olga Kotelko	90	01/08/09	Lahti, FIN
W95	0.75		Olga Kotelko	95	18/05/14	Kamloops, BC

### POLE VAULT

M35	4.55		Owen Clements	36	24/06/01	Victoria, BC
M40	4.60		Roger Ruth	44	07/09/72	Goteborg, SWE
M45	4.57		Roger Ruth	45	21/07/73	Seattle, WA
M50	3.96		Roger Ruth	50	09/09/78	Victoria, BC
M55	3.81		John Hawkins	55	02/10/04	Santa Barbara, CA
M60	3.70		Warren Hamill	60	25/06/06	Duncan, BC
M65	2.80		John Hawkins	66	27/08/15	Burnaby, BC
M65	2.80	tie	Bill Fisher	65	05/08/18	Surrey, BC
M65	2.82	p	Gerard Dumas	66	27/08/01	Bellingham, WA
M70	2.65		Gerard Dumas	70	05/05/05	Victoria, BC
M75	2.35		Tom Ukonmaanaho	77	30/07/22	Regina, SK
M80	2.02		Gerard Dumas	80	24/09/15	Victoria, BC
M85	1.65		Gerard Dumas	86	18/07/21	Victoria, BC



<b>M85</b>	<b>1.70</b>	<b>p</b>	<b>Larry Fiege</b>	<b>86</b>	<b>13/08/23</b>	<b>Langley, BC</b>
M90	1.12		Joe Giegerich	90	16/09/22	Victoria, BC
W35	3.10		Lindsey Canary	39	22/06/19	Burnaby, BC
W40	3.36		Jennifer Hunter	40	29/07/18	Spokane, WA
W45	3.03		Nancy Craig	49	09/05/15	Victoria, BC
W50	2.90		Nancy Craig	50	07/05/16	Victoria, BC
W55	2.55		Nancy Craig	56	29/05/22	Nanaimo, BC
W60	1.80		Margaret Rhebergen	62	04/05/18	Kamloops, BC
W65	1.85		Sandy Anderson	69	09/05/09	Victoria, BC
W70	1.55		Sandy Anderson	71	18/08/11	Trail, BC
W75	1.05		Virginia, Hoover	75	29/08/16	Vancouver, BC
<b>SHOT PUT</b>			<b>M40-49 (7.26 kg); M50-59 (6 kg); M60-69 (5 kg); M70-79 (4 kg); M80+ (3 kg)</b>			
M35	12.58		John Saari	39	16/06/13	Langley, BC
M40	13.84		D. Smart	--		
M45	14.32		John Pavelich	48	05/07/73	San Diego, CA
M50	14.69		John Pavelich	52	??/08/77	Gothenburg, SWE
M55	13.20		Don Allemeersch	55	16/09/09	Richmond, BC
M60	13.08		Mike Woodworth	62	17/07/04	Calgary, AB
M65	12.54		Michael Deady	65	25/08/18	Vernon, BC
M70	14.03		Marek Glowacki	70	18/06/11	Zielona Gora, POL
M75	12.95		Marek Glowacki	75	29/09/15	Sopot, POL
M80	11.93		Marek Gowacki	80	21/08/21	Surrey, BC
M85	10.09		Rainer Sillantaus	86	24/09/16	Coquitlam, BC
M90	6.70		Scot Henney	92	13/08/17	Surrey, BC
M95	4.84		Jim Murray	95	15/09/10	Courtenay, BC
			<b>W35-49 (4.0 kg); W50-74 (3.0 kg); W75+ (2.0 kg from May 01, 2010)</b>			
W35	12.50		Amelie Koloska	37	04/06/81	Vancouver, BC
W40	11.95		Norma Jordan	40	18/07/82	Burnaby, BC
W45	10.11		Carolynn Boomer	47	05/06/11	Kamloops, BC
W50	11.25		Julia Hengstler	52	16/06/19	Langley, BC
W55	10.57		Monica Pomietlarz	58	28/05/17	Surrey, BC
W60	10.03		Monica Pomietlarz	61	13/09/19	Kelowna, BC
W65	9.38		Gabriella Moro	65	24/08/12	Burnaby, BC
W70	8.30		Rose Hare	70	26/05/19	Langley, BC
W75	8.90		Gabriella Moro	75	25/09/22	Langley, BC
W80	7.38		Gerda Crosthwaite	80	13/09/19	Kelowna, BC
W85	6.75		Myrtle Acton	89	16/09/22	Victoria, BC
W90	6.39		Myrtle Acton	90	17/06/23	Prince George, BC
<b>W90</b>	<b>6.58</b>	<b>p</b>	<b>Myrtle Acton</b>	<b>90</b>	<b>11/08/23</b>	<b>Langley, BC</b>
W95	4.91		Olga Kotelko	95	16/05/14	Kamloops, BC
<b>DISCUS</b>			<b>M35-49 (2.0 kg); M50-59 (1.5 kg); M60+ (1.0 kg)</b>			
M35	39.64		James O'Kane	36	03/06/12	Calgary, AB
M40	44.64		B. Flaherty	--	??/??/??	??
M45	45.58		John Pavelich	49	??/??/74	??
M50	45.12		John Pavelich	52	10/08/77	Gothenburg, SWE
M55	45.23		Don Allemeersch	56	19/06/10	Langley, BC
M60	49.07		Mike Woodworth	62	18/07/04	Calgary, AB
M65	47.28		Johannes Peters	65	12/10/19	Bunbury, AUS
M70	40.55		Marek Glowacki	70	21/05/11	Lagiewniki, POL
<b>M70</b>	<b>44.50</b>	<b>p</b>	<b>Michael Deady</b>	<b>70</b>	<b>12/08/23</b>	<b>Langley, BC</b>
M75	39.94		Marek Glowacki	75	29/09/15	Sopot, POL
M80	30.41		Marek Glowacki	80	19/09/20	Vernon, BC
M85	21.28		Jim Murray	85	09/07/00	Burnaby, BC
M90	17.60		Jim Murray	91	17/06/06	Langley, BC
M95	14.06		Jim Murray	95	16/09/10	Courtenay, BC
			<b>W35-74 (1.0 kg); W75+ (0.75kg from May 01, 2010)</b>			
W35	35.10		Pina Russo	35	02/03/10	Kamloops, BC
	40.35	<b>p</b>	Anna Modsdell-Jack	36	10/06/06	Port Alberni, BC
W40	31.55		Nicole Carlos	43	17/06/17	Langley, BC
W45	36.40		Nicole Carlos	47	28/08/21	Vernon, BC
W50	27.42		<b>Caroline Wittrin</b>	<b>54</b>	<b>20/05/23</b>	<b>Richmond, BC</b>
W55	26.68		Ljiljan Ljubisic	57	05/08/18	Surrey, BC
W60	27.63		Rose Hare	63	18/02/12	Indio, CA
W65	25.86		Rose Hare	65	05/07/14	Burnaby, B

W70	23.56		Rose Hare	70	26/05/19	Langley, BC
W75	23.74		Gabriella Moro	75	25/09/22	Langley, BC
W80	16.88	1.0 kg	Olga Kotelko	80	26/06/99	Kelowna, BC
W80	17.95	0.75kg	Myrtle Acton	81	16/05/14	Kamloops, BC
W85	17.23	0.75 kg	Myrtle Acton	86	12/09/19	Kelowna, BC
W90	14.80	1.0 kg	Olga Kotelko	90	06/08/09	Lahti, FIN
<b>W90</b>	<b>15.83</b>	<b>0.75g p</b>	<b>Myrtle Acton</b>	<b>90</b>	<b>24/08/23</b>	<b>Abbotsford, BC</b>
W95	12.04	0.75 kg	Olga Kotelko	95	17/05/14	Kamloops, BC

### JAVELIN

M35	72.50		Graham Morfitt	36	09/05/03	Port Alberni, BC
M40	68.14		Erin Bevins	40	18/06/11	Courtenay, BC
M45	60.42		Graham Morfitt	47	08/06/14	Duncan, BC
M50	63.39		Graham Morfitt	50	24/06/17	Courtenay, BC
M55	54.10		Graham Morfitt	56	03/06/23	Duncan, BC
<b>M55</b>	<b>57.93</b>	<b>p</b>	<b>Graham Morfitt</b>	<b>56</b>	<b>13/08/23</b>	<b>Langley, BC</b>
M60	47.42		Victor Njume	63	25/08/06	Abbotsford, BC
M65	44.60		Victor Njume	67	16/09/10	Courtenay, BC
M70	44.30		Victor Njume	70	22/08/13	Kamloops, BC
M75	39.37		Victor Njume	75	05/08/18	Surrey, BC
M80	32.37		Rainer Sillantaus	81	11/07/11	Sacramento, CA
M85	20.87		Rainer Sillantaus	88	05/08/18	Surrey, BC
M90	16.78		Scot Henney	90	26/08/15	Burnaby, BC
M95	9.80		Jim Murray	95	19/06/10	Langley, BC

### W35-49 (600g); W50-74 (500g) (BEFORE 2014: W60-74 (400g); W75+ (400g)

W35	53.52		Amelie Koloska	37	11/06/81	Burnaby, BC
W40	47.46		Amelie Koloska	41	21/08/85	Toronto, ON
W45	31.80		Nicole Carlos	47	28/08/21	Vernon, BC
<b>W45</b>	<b>32.28</b>	<b>p</b>	<b>Nicole Carlos</b>	<b>49</b>	<b>11/08/23</b>	<b>Langley, BC</b>
W50	31.98		Monica Pomietlarz	50	19/07/09	Kamloops, BC
W55	31.45		Monica Pomietlarz	59	13/09/17	Vernon, BC
W60	34.47	(400g)	Marg Radcliffe	61	10/05/03	Nanaimo, BC
W60	29.64	(500g)	Monica Pomietlarz	63	28/08/21	Vernon, BC
W65	29.41	(400g)	Marg Radcliffe	65	09/10/07	St. George, UT
W65	26.65	(500g)	Marilyn Benz	66	18/06/16	Langley, BC
W70	26.43	(400g)	Marg Radcliffe	70	08/10/12	St. George, UT
W70	23.48	(500g)	Marg Radcliffe	74	27/08/16	Vancouver, BC
W75	23.16		Marg Radcliffe	75	16/10/17	St. George, UT
W80	21.84		Marg Radcliffe	80	10/10/22	St. George, UT
W85	18.56		Olga Kotelko	85	26/06/04	Eugene, OR
W90	13.54		Olga Kotelko	90	03/08/09	Lahti, FIN
W95	11.24		Olga Kotelko	95	29/03/14	Budapest, HUN

### HAMMER

M35	36.01		Winston Giles	39	14/06/13	Langley, BC
M40	55.12		Mike Cairns	40	28/05/83	Richmond, BC
M45	52.13		Glenn McAtee	45	24/03/17	Columbia, SC
M50	47.83		Mike Duffala	54	26/06/10	Courtenay, BC
M55	43.92		Cory Holly	59	12/09/17	Vernon, BC
M60	48.60		Michael Houser	61	24/08/19	Vernon, BC
M65	42.60		Johannes Peters	65	25/05/19	Langley, BC
<b>M65</b>	<b>42.63</b>	<b>p</b>	<b>Cory Holly</b>	<b>65</b>	<b>16/09/23</b>	<b>Vernon, BC</b>
<b>M85</b>	<b>43.51</b>	<b>p</b>	<b>Cory Holly</b>	<b>65</b>	<b>12/10/23</b>	<b>Kelowna, BC</b>
M70	42.74		Marek Glowacki	70	16/07/11	Sacramento, CA
M75	37.56		Harnek Toor	76	27/08/22	Surrey, BC
M80	36.62		Marek Glowacki	80	28/08/21	Vernon, BC
M85	24.78		Douglas Monds	85	11/09/14	Langley, BC
<b>M85</b>	<b>26.63</b>	<b>p</b>	<b>Bakhshish Dhillon</b>	<b>85</b>	<b>11/08/23</b>	<b>Langley, BC</b>
M90	19.73		Larry Chalmers	91	19/09/20	Vernon, BC
M95	13.40		Jim Murray	95	18/06/10	Langley, BC

### W35-49 (4.0 kg); W50-74 (3.0 kg); W75+ (2.0 kg from May 01, 2010)

W35	50.74		Hardeep Kaur	39	03/07/16	Kelowna, BC
W40	50.75		Hardeep Kaur	40	16/07/17	Coquitlam, BC
W45	39.90		Nicole Carlos	49	02/07/23	Kelowna, BC
<b>W45</b>	<b>41.42</b>	<b>p</b>	<b>Nicole Carlos</b>	<b>49</b>	<b>11/08/23</b>	<b>Langley, BC</b>
W50	40.68		Caroline Wittrin	54	21/05/23	Richmond, BC
W55	36.77		Nancy Smith	55	07/04/19	Surrey, BC

W60	34.03		Celina Wong	60	13/08/22	Surrey, BC
W65	32.78		Rose Hare	65	05/07/14	Burnaby, BC
W70	30.35		Rose Hare	70	28/04/19	Langley, BC
W75	30.18		Kathy Brand	76	04/05/19	Kamloops, BC
W80	27.53		Kathy Brand	81	02/07/23	Kelowna, BC
<b>W80</b>	<b>28.08</b>	<b>p</b>	<b>Kathy Brand</b>	<b>81</b>	<b>25/08/23</b>	<b>Abbotsford, BC</b>
W85	22.33		Myrtle Acton	88	21/08/21	Surrey, BC
W90	18.85		Myrtle Acton	90	17/06/23	Prince George, BC
<b>W90</b>	<b>20.47</b>	<b>p</b>	<b>Myrtle Acton</b>	<b>90</b>	<b>11/08/23</b>	<b>Langley, BC</b>
W95	14.92		Olga Kotelko	95	16/05/14	Kamloops, BC

#### WEIGHT THROW

<b>M35-49 (35#); M50-59 (25#); M60-69 (20#); M70-79 (16#); M80+ (12#)</b>						
M35	12.56		John Saari	39	14/06/13	Langley, BC
M40	15.78		Glenn McAtee	43	06/03/16	Marietta, GA
M45	12.07		Shane Wiebe	47	13/08/17	Toronto, ON
M50	15.01		Shane Wiebe	51	22/08/21	Surrey, BC
M55	15.51		Dave McDonald	58	25/08/12	Burnaby, BC
M60	16.95		Dave McDonald	61	25/04/15	Surrey, BC
M65	16.18		Johannes Peters	65	26-29/04/19	Melbourne, AUS
M70	16.64		Marek Glowacki	70	04/06/11	Stargard Szczecinski, POL
M75	15.74		Harnek Toor	76	27/08/22	Surrey, BC
M80	15.40		Marek Glowacki	81	23/07/22	Puck, POL
M85	10.20		Jim Murray	85	19/08/00	Kamloops, BC
<b>M85</b>	<b>11.52</b>	<b>p</b>	<b>Bakhshish Dhillon</b>	<b>85</b>	<b>25/08/23</b>	<b>Abbotsford, BC</b>
M90	8.86		Scot Henney	92	13/08/17	Surrey, BC
M95	5.54		Jim Murray	95	15/09/10	Courtenay, BC

#### **W35-49 (20#); W50-59 (16#); W60-74 (12#); W75+ (4.0 kg from May 01, 2010)**

W35	5.31		Karin Adande	36	14/08/22	Surrey, BC
W40	10.27		Judy MacDonald	41	20/06/08	Surrey, BC
W45	12.47		Nicole Carlos	49	01/07/23	Kelowna, BC
<b>W45</b>	<b>12.55</b>	<b>p</b>	<b>Nicole Carlos</b>	<b>49</b>	<b>13/08/23</b>	<b>Langley, BC</b>
W50	12.52		Denise Clements	50	11/07/11	Sacramento, CA
W55	10.38		Julia Hengstler	55	17/09/22	Victoria, BC
W60	12.28		Rose Hare	63	15/06/12	Langley, BC
<b>W60</b>	<b>12.28</b>	<b>tie p</b>	<b>Joan Harris</b>	<b>61</b>	<b>13/08/23</b>	<b>Langley, BC</b>
W65	12.21		Rose Hare	66	19/06/15	Langley, BC
W70	11.27		Rose Hare	70	26/05/19	Langley, BC
W75	10.66		Kathy Brand	76	26/07/19	Lacey, WA
W80	9.63		Kathy Brand	80	27/08/22	Surrey, BC
<b>W80</b>	<b>9.95</b>	<b>p</b>	<b>Kathy Brand</b>	<b>81</b>	<b>25/08/23</b>	<b>Abbotsford, BC</b>
W85	9.87		Myrtle Acton	87	19/09/20	Vernon, BC
W90	7.90		Olga Kotelko	91	17/09/10	Courtenay, BC
W95	6.72		Olga Kotelko	95	13/06/14	Langley, BC

#### SUPER WEIGHT

<b>M35-59 (56#); M60-69 (44#); M70-79 (35#); M80+ (25#)</b>						
M40	8.47		Glenn McAtee	44	04/06/16	Greenville, SC
M45	6.72		Jody Cranston	46	30/07/16	Seattle, WA
M50	6.02		Andrew Arthur	54	07/08/16	Surrey, BC
<b>M50</b>	<b>6.44</b>	<b>p</b>	<b>Shawn Stevens</b>	<b>51</b>	<b>24/09/23</b>	<b>Langley, BC</b>
M55	6.70		Andrew Arthur	55	13/08/17	Surrey, BC
M60	8.19		Dave McDonald	61	11/04/15	Coos Bay, OR
M65	6.96		Johannes Peters	65	26/05/19	Langley, BC
M70	8.13		Harnek Toor	72	27/05/18	Langley, BC
M75	8.01		Harnek Toor	75	10/10/21	Langley, BC
M80	8.41		Jim Dyer	80	16/04/23	Langley, BC
<b>M80</b>	<b>8.85</b>	<b>p</b>	<b>Jim Dyer</b>	<b>80</b>	<b>24/09/23</b>	<b>Langley, BC</b>
M90	3.91		Scot Henney	91	07/08/16	Surrey, BC

<b>W35-49 (35#); W50-59 (25#); W60-74 (20#); W75+ (16#)</b>						
W35	3.28		Paige Wianaka	35	16/04/23	Langley, BC
W45	7.19		Nicole Carlos	48	14/08/22	Surrey, BC
W50	6.11		Nancy Smith	54	27/05/18	Langley, BC
W55	6.40		Christine Dalgleish	58	14/08/22	Surrey, BC
W60	7.83		Celina Wong	60	14/08/22	Surrey, BC
W65	7.84		Rose Hare	67	07/08/16	Surrey, BC
W70	7.58		Rose Hare	70	28/04/19	Langley, BC
W75	5.44		Frances Steinfeld	79	13/08/17	Surrey, BC
W85	4.89		Olga Kotelko	88	13/05/07	Eugene, OR

**THROWS PENTATHLON \* 2023 tables (recalculated) Sequence of Events: (HT, SP, DT, JT, WT)**

M35	2578*	John Saari	39	17/05/13	Kamloops, BC (29.48/368, 12.30/659, 39.17/648, 31.51/340, 11.98/563)
M40	3090*	Graham Morfitt	42	07/08/09	Lahti, FIN (31.82/431, 10.97/619, 33.47/545, 62.59/893, 11.88/602)
M45	3059*	Shane Wiebe	48	03/08/18	Surrey, BC (35.22/529, 12.28/763, 34.50/613, 40.15/ 568, 10.87/586)
M50	3400*	Graham Morfitt	51	13/09/18	Malaga, SPN (36.70/539, 10.80/635, 35.80/585, 61.44/974, 13.84/667)
M55	3415*	Graham Morfitt	55	27/08/22	Surrey, BC (35.71/573, 11.01/708, 32.09/561, 51.11/868, 13.53/705)
<b>M55</b>	<b>3566*</b>	<b>p Graham Morfitt</b>	<b>56</b>	<b>11/08/23</b>	<b>Langley, BC (36.64/591, 10.02633, 35.04/626, 56.93/988, 13.90/728)</b>
M60	3393*	Johannes Peters	64	03/08/18	Surrey, BC (41.77/686, 11.67/746, 43.86/712, 32.58/508, 15.01/741)
M65	3922*	Johannes Peters	65	23/02/19	Bunbury, AUS (41.64/763, 11.85/838, 44.45/810, 36.99/680, 15.37/831)
M70	3886*	Marek Glowacki	70	17/07/11	Sacramento, CA (37.81/676, 13.20/925, 38.29/766, 38.09/727, 15.59/792)
M75	3692*	Marek Glowacki	75	30/08/16	Vancouver, BC (33.53/676, 12.14/942, 32.46/723, 28.70/602, 13.58/749)
M75	3670***	Harnek Toor	76	27/08/22	Surrey, BC (37.56/772, 10.21/770, 27.47/589, 30.55/650, 15.74/889)
<b>*** NOTE: Harnek's M75 throws pentathlon record was approved prior to recalculation using the 2023 tables.</b>					
M80	3631*	Marek Glowacki	80	28/08/21	Vernon, BC (36.62/743, 11.52/851, 29.51/758, 26.45/569, 13.82/710)
M85	2313	Bruce Butcher	88	30/07/23	Kelowna, BC
<b>M85</b>	<b>2695*</b>	<b>p Bakhshish Dhillon</b>	<b>85</b>	<b>23/08/23</b>	<b>Abbotsford, BC (25.11/574, 8.03/642, 19.05/537, 16.32/381, 10.24/583)</b>
M90	2403** (imple)	Jim Murray	90	31/07/05	Edmonton, AB HT & SP = 4kg, not 3kg (15.31/394, 6.02/534, 16.56/570, 13.35/385, 7.89/520) <b>**Should be higher</b>
W40	2375*	Nicole Carlos	44	03/08/18	Surrey, BC (30.23/475, 7.93/454, 30.23/509, 27.13/489, 9.46/ 448)
W45	3359*	Nicole Carlos	47	28/08/21	Vernon, BC (37.31/686, 9.38/616, 36.40/710, 31.80/662, 12.46/685)
W50	2647*	Denise Clements	50	05/06/11	Sidney, BC (36.40/632, 9.35/568, 21.69/426, 19.93/386, 12.25/635)
W55	2749*	Julia Hengstler	55	17/09/22	Victoria, BC (27.74/516, 9.57/649, 24.03/545, 20.65/459, 10.38/580)
W60	2986*	Rose Hare	64	26/07/13	Regina, BC (29.98/644, 8.75/651, 22.44/569, 19.38/486, 12.10/636)
<b>W60</b>	<b>3049*</b>	<b>p Joan Harris</b>	<b>61</b>	<b>23/08/23</b>	<b>Abbotsford, BC (29.66/636, 8.19/600, 23.44/600, 23.76/618, 11.43/595)</b>
W65	3561*	Rose Hare	65	16/05/14	Kamloops, BC (30.37/749, 9.33/789, 23.78/697, 21.66/635, 11.70/691)
W70	3581*	Rose Hare	70	26/05/19	Langley, BC (28.77/812, 8.30/781, 21.60/716, 16.36/528, 11.12/744)
W75	3107*	Myrtle Acton	78	19/08/11	Trail, BC (26.08/617, 8.20/696, 17.81/560, 17.55/588, 10.45/646)
W80	3191*	Kathy Brand	80	27/08/22	Surrey, BC (24.98/701, 6.40/605, 15.12/547, 16.46/645. 9.63/693)
W85	3501*	Myrtle Acton	86	14/09/19	Kelowna (21.04/701, 6.45/731, 15.48/684, 13.51/618, 8.91/767)
W90	3841*	Myrtle Acton	90	17/06/23	Prince George, BC (18.85/780, 6.39/886, 14.06/765, 11.39/629, 7.47/781)

W90 3975\* p Myrtle Acton 90 11/08/23 Langley, BC  
(20.47/858, 6.58/917, 15.21/839, 11.59/642, 6.95/719)

W95 3967\* Olga Kotelko 95 16/05/14 Kamloops, BC  
(14.92/791, 4.91/830, 11.75/812, 9.64/673, 6.41/861)

**PENTATHLON \* 2023 Tables (recalculated) MEN's Sequence of Events: (LJ, JT, 200, DT, 1500)**

M35 2508\* James O'Kane 37 19/06/13 Toronto, ON  
(5.59w:0.7/544, 44.59/538, 26.97w:1.4/492, 35.43/572, 5:42.91/362)

M40 2382\* Gary Silvester 41 17/07/09 Kamloops, BC  
(5.38 +0.5/565, 33.23/403, 25.86 -3.2/647, 29.76/471, 6:09.74/296)

M45 2749\* Brock Pullen 47 21/08/96 Eugene, OR  
(4.90/519, 39.82/562, 27.51/585, 34.12/605, 5:41.83/478)

M50 3211\* Reidar Zapf-Gilje 53 30/07/05 Edmonton, AB  
(4.77/556, 37.79/536, 26.89/703, 37.48/619, 4:55.43/797)

M55 2435\* Grant Lamothe 59 07/08/03 Eugene, OR  
(4.24/487, 33.74/519, 28.76/630, 25.68/424, 6:32.86/375)

M60 3408\* Reidar Zapf-Gilje 63 13/06/15 Tonsberg/NOR  
(4.58 w=0.0/664), 38.05/619, 29.01 w=0.0/683, 38.37/604, 5:13.42/838)

M65 3680\* Reidar Zapf-Gilje 65 11/08/17 Toronto, ON  
(4.39, +0.9/693, 37.08/682, 29.88 -2.6/692, 39.57/703, 5:14.80/910)

M70 3486\* Reidar Zapf-Gilje 70 14/09/22 Victoria, BC  
(3.89, 0.1/617, 33.62/623, 31.10, 0.9/680, 36.08/713, 5:41.14/853)

M75 2333\* Joe Giegerich 76 01/08/08 Regina, SK  
(3.35 +0.0/514, 19.67/368, 34.61 -1.6/527, 16.95/317, 6:52.98/607)

M80 2112\* Karl Mey 83 11/09/19 Kelowna  
(3.12,-0.5/553, 15.44/277, 37.21,-0.4/472, 14.32/303, 7:39.85/527)

M85 1573\* Joe Giegerich 85 11/08/17 Toronto, ON  
(2.72, 0.0/506, 14.28/317, 43.11, -0.4/327, 11.58/281/ 10:48.69/142)

M90 1374\* Joe Giegerich 90 29/07/22 Regina, SK  
(2.09, 0.8/386, 14.23/419. 51.40 -0.5/206, 11.53/359, 14:37.26/3)

**WOMEN's Sequence of Events: (HUR, HJ, SP, LJ, 800)**

W40 2072\* Olesea Chitul 43 03/08/18 Surrey, BC  
(16.77/, 1.1/384, 1.21/399, 7.71/438, 3.69, 0.5/312, 2:50.45/539)

W45 3387\* Becky Willis 48 21/08/96 Eugene, OR  
(14.32/749, 1.49/818, 8.93/580, 4.67/665, 2:53.90/575)

W50 3245\* Sunette Lessing 51 18/07/19 Toronto, ON  
(15.07 -1.2/718, 1.45/867, 8.70/520, 4.47 -0.1/688, 3:14.17/452)

W55 2534\* Margaret Rhebergen 59 11/09/14 Langley, BC  
(16.70, 0.3/594, 1.26/689, 6.52/403, 3.52, nwi/443, 3:28.52/405)

W60 3172\* Cindy O'Brien Hugh 63 19/06/22 Burnaby, BC  
(15.05 -0.2/880, 1.20/689, 7.15/508, 3.83 1.3/640, 3:32.37/455)

W65 2607\* Sandy Anderson 68 07/08/08 Spokane, WA  
(18.81 +0.0/530, 1.19/771, 8.17/674, 2.81 +2.1/340, 4:06.02/292)

W70 2694\* Christa Bortignon 74 28/07/11 Berea, OH  
(20.76 (-0.7)/448, 1.06/655, 5.92/519, 3.36 (0.6)/640, 3:58.68/432)

W75 3626\* Christa Bortignon 75 09/08/12 Saint John, NB  
(19.71 0.7/683, 1.09/806, 7.58/633, 3.48 1.7/816, 3:39.57/688)

W80 3277\* Christa Bortignon 81 03/08/18 Surrey, BC  
(20.12, 1.1/825, 0.97/678, 6.34/598, 2.97, 0.0/697, 4:25.23/479)

**HEPTATHLON \*2023 Tables WOMEN's Sequence of Events: (HUR, HJ, SP, 200M & LJ, JT, 800M)**

W40 2270\* Marina Khrisanova 43 27-28/08/22 Surrey, BC  
(???????????)

W45 2580\* Olesea Chitul 47 27-28/08/22 Surrey, BC  
(17.55(0.0)/366, 1.16/409, 7.63/477, 33.30(0.0)/393, 3.33(0.0)/272, 16.48/300, 3:16.12/363)

W50 4056\* Sunette Lessing 53 07-08/08/21 Surrey, BC  
(14.34 (0.0)/815, 1.36/736, 9.53/581, 31.20 (0.0)/614, 4.23,0.2/606, 17.74/334, 3:23.61/370)

W55	1705*	Nancy Cochrane	57	15-16/08/09	Shoreline, WA
		(21.50 (0.0)/163, 1.15/534, 5.68/336, 43.38 (1.2)/87 & 2.53 (0.0)/157, 12.89/254, 4:02.08/174)			
W60	4400*	Cindy O'Brien Hugh	64	27-28/08/22	Surrey, BC
		(14.77(0.0)/917, 1.22/724, 7.43/533, 32.39(0.3)/718, 3.70(0.3)/589, 16.53/401, 3:24.98/518)			
W70	4003*	Christa Bortignon	74	06-07/07/11	Sacramento, CA
		(20.20 (-0.2)/498, 1.09/701, 6.20/550, 34.68 (1.0)/768 & 3.33 (2.7)/626, 10.33/301, 3:42.20/559)			
W75	5098*	Christa Bortignon	76	03-04/08/13	Turin, ITA
		(18.26(0.1)/832, 1.09/806, 7.35/610, 34.23(-1.4)/906 & 3.49(-0.8)/819, 16.30/539, 3:52.03/586)			
W85	3631*	Christa Bortignon	85	27-28/08/22	Surrey, BC
		(DNF/0, 0.95/747, 6.00/670, 40.20 (0.3)/830, 3.03 (0.0)/940, 10.20/444, DNF/0)			

**DECATHLON \*2023 Tables MEN's Sequence of Events: (100, LJ, SP, HJ, 400 & HH, DT, PV, JT, 1500)**

M35	5248*	James O'Kane	37	14-15/06/13	Langley, BC
		(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) (518, 516, 584, 627, 548 & 543, 581, 441, 460, 430)			
M40	6024*	Steve Kemp	40	07-08/10/93	Miyazaki, JPN
		(12.08, 5.75, 10.33, 1.56, 57.51 & 16.72, 32.36, 3.00, 46.06, 4:50.85) (715, 652, 575, 504, 611 & 725, 523, 406, 613, 698)			
M45	4586*	Grant Lamothe	45	17-18/06/95	Eugene, OR
		(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) (470, 506, 640, 404, 495 & 433.450, 257, 429, 502)			
M50	6501*	Reidar Zapf-Gilje	53	22-23/08/05	San Sebastian, SPN
		(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) (661, 664, 694, 569, 678 & 681, 644, 482, 590, 838)			
M55	6926*	John Hawkins	57	15-16/07/06	Shoreline, WA
		(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) (663, 797, 835, 944, 509 & 525, 670, 877, 668, 438)			
M60	6857*	Warren Hamill	60	15-16/07/06	Shoreline, WA
		(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) (719, 784, 739, 831, 603 & 684, 678, 775, 617, 447)			
M65	4824*	Grant Lamothe	65	15-16/08/09	Shoreline, WA
		(14.57; 0.8, 4.01; 0.1, 9.72, 1.18, 1:12.47 & 22.69; -0.5, 28.87, 1.70, 33.43, 7:23.27) (679, 569, 664, 472, 472 & 324, 476, 246, 600, 322)			
M70	7094*	Reidar Zapf-Gilje	70	27/28/08/22	Surrey, BC
		(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) (677, 675, 866, 803, 669 & 643, 673, 576, 631, 881)			
M75	5443*	Tom Ukonmaanaho	77	27-28/08/22	Surrey, BC
		(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) (825, 477, 672, 585, 580 & 497, 433, 623, 537, 214)			
M80	3598*	Danny Daniels	80	28-29/07/09	Lahti, FIN
		(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) (532, 443, 594, 552, 0 & 391, 444, 161, 450, 31)			
<b>WOMEN's Sequence of Events: (100, DT, PV, JT, 400 &amp; HH, LJ, SP, HJ, 1500)</b>					
W45	1876*	Anne Murfitt	49	15-16/08/09	Shoreline, WA
		(18.01 nwi, 17.02, 0, 15.69, 1:39.17 & 20.31 w:-1.0, 2.41 w:0.3, 6.21, 1.12, 8:05.57) (218, 278, 0, 281, 3 & 140, 72, 366, 369, 149)			
W60	3036*	Nola Hendrie	60	06-07/08/16	Shoreline, WA
		(18.30/-0.9, 13.76, 1.65, 13.30, 1:44.24 & 21.00/-0.4, 2.91/0.5, 5.96, 0.99, 8:32.71) (411, 311, 302, 306, 73 & 260, 310, 403, 399, 261)			
W65	4413*	Sandy Anderson	69	15-16/08/09	Shoreline, WA
		(17.94 w-0.5, 18.60, 1.60, 19.38, 1:55.27 & 19.34 w-0.4, 2.65 w 0.4, 7.48, 1.18, 8:41.06) (539, 519, 331, 558, 25 & 478, 285, 606, 759, 313)			

**Note:**

- 1) As of May 01, 2010, the W75+ used lighter implements in the hammer, weight and shot.  
(Two sets of records will be kept for these events for a few years)
- 2) As of January 01, 2014, the W60-74 Javelin was changed from 400g to 500g.  
(Two sets of records will be kept for this event for a few years)
- 3) The Multi-events have been recalculated using the 2010/2014 Tables
- 4) Jim Murray (M90) used the heavier implements during the Throws Pentathlon. (Prior to the changes in 2010).

## RACEWALKING RECORDS (OUTDOORS)

### 1500M TRACK

<b>M35</b>	<b>6:44.70</b>	<b>p</b>	<b>Heath Semeniuk</b>	<b>35</b>	<b>12/08/23</b>	<b>Langley, BC</b>	
M40	6:13.49		Dmitry Babenko	44	12/08/17	Toronto, ON	CR
M45	6:18.02		Dmitry Babenko	45	04/08/18	Surrey, BC	CR
M50	11:24.18		Jeff Byington	54	09/07/17	Burnaby, BC	
<b>M50</b>	<b>8:09.65</b>	<b>p</b>	<b>Mihail Larin</b>	<b>50</b>	<b>12/08/23</b>	<b>Langley, BC</b>	
M55	7:12.98		Gerald Dragomir	57	18/07/09	Kamloops, BC	
M60	9:56.18		Bob Currie	64	14/09/17	Vernon, BC	
M65	9:43.03		Jim Johnson	68	14/09/18	Cranbrook, BC	
M70	10:34.47		Harnek Toor	70	02/07/16	Kelowna, BC	
<b>M70</b>	<b>10:18.00</b>	<b>p</b>	<b>Jim Johnson</b>	<b>73</b>	<b>25/08/23</b>	<b>Abbotsford, BC</b>	
M75	10:25.35		Alan Vyse	76	14/09/18	Cranbrook, BC	
M80	10:15.26		Don Currie	80	28/06/14	Kelowna, BC	CR
M85	13:24.81		Hugo Hess	88	14/09/18	Cranbrook, BC	CR
W35	9:39.87		Paola Rodriguez	35	18/07/09	Kamloops, BC	
W40	7:16.98		Nardene Hammond	40	08/07/12	Burnaby, BC	CR
W45	10:20.25		Rachel Fouladi	45	07/07/13	Burnaby, BC	
W50	10:21.10		Jill Elliott	50	07/07/13	Burnaby, BC	
W55	9:14.55		Susan Gordon	58	09/06/18	Duncan, BC	
W60	9:18.78		Suzanne Sharp	64	21/07/18	Tumwater, WA	
W65	9:21.26		Suzanne Sharp	65	21/06/19	Burnaby, BC	
W70	12:18.42		Linda Rondeau	70	13/09/19	Kelowna, BC	
W75	10:35.70		Lenore Marvin	76	10/08/96	Victoria, BC	
W80	12:06.55		Renate Cheetham	81	12/10/19	Las Vegas, NV	
W85	19:51.31		Myrtle Acton	86	13/09/19	Kelowna, BC	
<b>W85</b>	<b>12:56.16</b>	<b>p</b>	<b>Renate Cheetham</b>	<b>85</b>	<b>12/08/23</b>	<b>Langley, BC</b>	

### MILE

M40	6:35.15		Dmitry Babenko	44	28/06/17	Coquitlam, BC	CR
M45	7:01.70		Dmitry Babenko	47	12/09/20	Surrey, BC	CR
W35	11:28.69		Karin Adande	36	28/08/22	Surrey, BC	
W55	13:29.86		Lori Graham	55	29/06/13	Eugene, OR	
W70	12:40.80		Bertha Johnson	71	28/08/22	Surrey, BC	
W80	12:26.55		Renate Cheetham	82	12/09/20	Surrey, BC	CR

### 3000M TRACK

M35	13:49.52		Dmitry Babenko	39	15/06/12	Langley, BC	
M40	12:57.03		Dmitry Babenko	44	16/06/17	Langley, BC	CR
M45	12:58.99		Dmitry Babenko	45	16/06/18	Langley, BC	CR
M50	15:15.11		Gerry Dragomir	52	17/07/04	Calgary, AB	
M60	16:11.89		Gerry Dragomir	60	15/06/12	Langley, BC	
M65	21:13.38		Harnek Toor	68	27/06/14	Kelowna, BC	
M70	20:39.30		Jim Dyer	72	19/06/15	Langley, BC	
M75	27:22.35		Mac McNair	79	19/06/15	Langley, BC	
M80	21:06.88		Don Currie	80	27/06/14	Kelowna, BC	
W40	14:39.51		Nardene Hammond	41	14/06/13	Langley, BC	CR
W45	18:05.84		Linda Keatley-Campbell	46	14/06/03	Langley, BC	
W50	20:06.69		Jacque Hughes	53	11/06/05	Duncan, BC	
W55	19:13.36		Faune Johnson	55	14/06/03	Langley, BC	
W60	19:37.48		Suzanne Sharp	64	08/07/18	Burnaby, BC	
W65	18:47.30		Ellie Halcrow	65	15/06/12	Langley, BC	
W75	24:58.47		Renate Cheetham	79	16/06/17	Langley, BC	
W80	24:16.51		Renate Cheetham	83	21/08/21	Surrey, BC	CR

### 5000M TRACK

<b>M35</b>	<b>25:25.04</b>	<b>p</b>	<b>Heath Semeniuk</b>	<b>35</b>	<b>13/08/23</b>	<b>Langley, BC</b>	
M40	22:15.37		Dmitry Babenko	43	26/10/16	Perth, AUS	
M45	22:39.18		Dmitry Babenko	45	05/08/18	Surrey, BC	CR
M50	23:48.05		<b>Dmitry Babenko</b>	<b>50</b>	<b>29/04/23</b>	Philadelphia, PA	
M55	26:35.93		Gerry Dragomir	57	19/07/09	Kamloops, BC	
M70	38:07.70		Arthur Gee	72	29/08/16	Vancouver, BC	
M85	42:57.89		Claude Bell	86	18/07/04	Calgary, AB	CR
W35	26:43.68		Nardene Hammond	39	07/07/11	Sacramento, CA	

W40	28:54.38	Nardene Hammond	43	07/08/15	Lyon, FRA
W45	30:29.30	Jacqueline Gill	45	17/08/03	Richmond, BC
W50	33:41.98	Rimka Laman	53	18/08/00	Kamloops, BC
W55	31:54.56	Kathleen Kane	55	18/10/09	Sydney, AUS
W60	33:43.40	Suzanne Sharp	64	21/07/18	Tumwater, WA
W65	33:05.95	Flora Young	66	??/??/00	Kelowna, BC
W70	36:19.25	Brigitte Killat	72	18/08/00	Kamloops, BC
W75	36:46.36	Lenore Marvin	75	??/07/95	Buffalo, NY
W80	41:17.44	Renate Cheetham	81	12/10/19	Las Vegas, NV
<b>W85</b>	<b>46:33.78</b>	<b>Renate Cheetham</b>	<b>85</b>	<b>13/08/23</b>	<b>Langley, BC</b>

### 10000M TRACK

M40	46:10.63	Dmitry Babenko	44	16/07/17	Coquitlam, BC	CR
W55	1:24:12.80	Lori Graham	59	16/07/17	Coquitlam, BC	

### 5K ROAD WALK (Road races are rounded up to full second)

M40	22:38	Dmitry Babenko	44	28/01/17	Santee, CA	CR
M45	23:44	Dmitry Babenko	48	21/11/21	Whiting, NJ	CR
<b>M50</b>	<b>23:18</b>	<b>Dmitry Babenko</b>	<b>50</b>	<b>24/09/23</b>	<b>Whiting, NJ</b>	<b>CR</b>
M65	38:10	Iain MacLean	69	27/02/05	Victoria, BC	
M85	43:09	Claude Bell	86	27/02/05	Victoria, BC	
W45	38:30	Rachel Fouladi	46	10/08/14	Richmond, BC	
W55	40:42	Lori Graham	59	18/10/17	St. George, UT	
W60	34:01	Suzanne Sharp	63	09/09/17	Edmonton, AB	
W65	33:08	Suzanne Sharp	65	07/09/19	Edmonton, AB	

### 10K ROAD WALK

M40	46:57	Dmitry Babenko	41	13/09/14	Edmonton, AB	
M45	47:36	Dmitry Babenko	45	10/09/18	Malaga, SPN	
M50	47:57	<b>Dmitry Babenko</b>	<b>50</b>	<b>31/03/23</b>	Torun, POL	CR
M55	52:32	Gerry Dragomir	58	05/03/10	Kamloops, BC	
M65	1:15:43	Anthony Haas	66	05/03/10	Kamloops, BC	
W35	53:09	Nardene Hammond	39	26/02/12	Victoria, BC	
W40	57:02	Nardene Hammond	43	10/08/15	Lyon, FRA	
W45	1:05:26	Linda Keatley-Campbell	49	??/07/05	Edmonton, AB	
W50	1:05:28	Linda Keatley-Campbell	53	05/03/10	Kamloops, BC	
W55	1:06:43	Kathleen Kane	55	14/10/09	Sydney, AUS	
W60	1:10:44	Suzanne Sharp	62	27/08/16	Vancouver, BC	
W65	1:10:57	Lenore Marvin	69	30/07/89	Eugene, OR	
W70	1:25:01	Ruth Carrier	74	31/08/05	San Sebastian, SPN	
W80	1:27:19	Ruth Carrier	80	12/07/11	Sacramento, CA	

### 15K ROAD WALK

M45	1:12.22	Dmitry Babenko	49	13/11/22	Whiting, NJ	
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### 20K ROAD WALK

M40	1:37:28	Dmitry Babenko	43	04/11/16	Perth, AUS	
M45	1:38:31	Dmitry Babenko	49	06/07/22	Tampere, FIN	
M50	1:53:02	Gerry Dragomir	53	31/08/05	San Sebastian, SPN	
M55	1:52:28	Gerry Dragomir	55	??/09/07	Riccione, ITA	
W35	1:53:54	Nardene Hammond	39	16/07/11	Sacramento, CA	
W40	1:57:00	Nardene Hammond	43	14/08/15	Lyon, FRA	

### 50K ROAD WALK

M45	4:26:07	Dmitry Babenko	46	20/10/19	Hauppauge, NY	CR
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