

## BC Road Running Records, submitted for ratification

Two sets of records are submitted for ratification.

1. Records set in 2013.
2. Inaugural records for the 5K and 8K distances.

## Records set in 2013

### BC Native Women's Marathon Record

Athlete:	Natasha Wodak
Time:	2:35:16 (30 <sup>th</sup> Place Overall)
Date:	20 Oct 2013
Location:	Toronto, ON
Course Certification:	CAN-2013-134-BDC

Faster times that are invalid for record purposes:

2:34:44, Tina Connelly, 04 Dec 1999, California International Marathon, Sacramento USA (elevation drop greater than 1m/km, and start/finish separation greater than 50%).

2:34:51, Tina Connelly, 07 Dec 2003, California International Marathon, Sacramento USA (elevation drop greater than 1m/km, and start/finish separation greater than 50%).

### Inaugural Records for 5K and 8K

Following the adoption of rules for the acceptance of Canadian road running records at 5K and 8K distances at the 2013 Athletics Canada AGM, the following performances are submitted for ratification as BC Native and All-Comers records at 5K and 8K distances.

- Native records are set by BC athletes, irrespective of where the competition was held.
- All-comer records are set by athletes from any province or country, competing in BC.

Junior records will take more time to research.

All performances must meet AC conditions for ratification, making times run on point-to-point courses and net downhill courses that exceed established parameters ineligible. While certification details of some events run prior to 2000 have been difficult to verify, after consulting with experts Bernie Conway (International Measurement Administrator for the Americas) and Ken Young (Association of Road Race Statisticians), all are in agreement that the performances presented below should be considered record eligible.

## BC Native Records

### Men's 5K

Athlete: Paul Williams  
Time: 13:36 (6<sup>th</sup> Place)  
Date: 01 Jun 1986  
Location: Carlsbad, CA  
Course Certification: CA86068PR

Faster times that are invalid for record purposes: None.

### Women's 5K

Athlete: Lynn Williams  
Time: 15:20 (1<sup>st</sup> Place)  
Date: 04 Apr 1989  
Location: Carlsbad, CA  
Course Certification: CA86068PR

Faster times that are invalid for record purposes: None.

### Men's 8K

Athlete: Carey Nelson  
Time: 22:58 (1<sup>st</sup> Place)  
Date: 20 Jan 1985  
Location: Pioneer 8K, Brentwood Bay, BC  
Course Certification:

Athlete: Norman Tinkham  
Time: 22:58 (2<sup>nd</sup> Place)  
Date: 27 Aug 1995  
Location: Bellevue, WA  
Course Certification:

Faster times that are invalid for record purposes: None.

### Women's 8K

Athlete: Natasha Wodak  
Time: 25:28 (1<sup>st</sup> Place)  
Date: 20 Jan 2013  
Location: Harriers Pioneer 8K, Saanichton, BC  
Course Certification: BC-2007-136-BDC

Faster times that are invalid for record purposes: None.

## BC All-Comers Records

### Men's 5K

Athlete: Geoffrey Martinson (BC, CAN)  
Time: 14:20  
Date: 04 Mar 2012  
Location: Bazan Bay 5K, Sidney BC  
Course Certification: BC-2012-002-BDC

Faster times that are invalid for record purposes: None.

### Women's 5K

Athlete: Malindi Elmore (BC, CAN)  
Time: 15:48  
Date: 04 Mar 2012  
Location: Bazan Bay 5K, Sidney BC  
Course Certification: BC-2012-002-BDC

Faster times that are invalid for record purposes: None.

### Men's 8K

Athlete: Carey Nelson  
Time: 22:58  
Date: 20 Jan 1985  
Location: Pioneer 8K, Brentwood Bay, BC  
Course Certification:

Faster times that are invalid for record purposes: None.

### Women's 8K

Athlete: Natasha Wodak  
Time: 25:28  
Date: Harriers Pioneer 8K, Saanichton, BC  
Course Certification: BC-2007-136-BDC

Faster times that are invalid for record purposes: None.

**BC Native Records****Men**

Distance	Time	Name	Date	Location
5K	13:36	Paul Williams	01 Jun 1986	Carlsbad, CA
8K	22:58	Carey Nelson	20 Jan 1985	Brentwood Bay, BC
	22:58	Norman Tinkham	27 Aug 1995	Bellevue, WA
10K	28:33	Paul Williams	15 Jan 1983	Miami, FL
Half Marathon	1:01:28	Jeff Schiebler	15 Jan 1999	Tokyo, JPN
Marathon	2:11:30	Art Boileau	14 Aug 1983	Helsinki, FIN

**Women**

Distance	Time	Name	Date	Location
5K	15:20	Lynn Williams	04 Apr 1989	Carlsbad, CA
8K	25:28	Natasha Wodak	20 Jan 2013	Saanichton, BC
10K	31:44	Lynn Williams	11 Mar 1989	Orlando, FL
Half Marathon	1:12:47	Tina Connelly	08 Feb 2004	Vancouver, BC
Marathon	2:35:16	Natasha Wodak	20 Oct 2013	Toronto, ON

**BC All-Comers Records****Men**

Distance	Time	Name	Date	Location
5K	14:20	Geoffrey Martinson	04 Mar 2012	Sidney, BC
8K	22:58	Carey Nelson	20 Jan 1985	Brentwood Bay, BC
10K	28:47	Rob Lonergan	21 Apr 1985	Vancouver, BC
	28:47	Simon Chemoiywo (KEN)	23 Apr 1995	Victoria, BC
Half Marathon	1:02:32	Jon Brown (GBR)	13 Oct 2002	Victoria, BC
Marathon	2:11:49	Steve Moneghetti (AUS)	28 Aug 1994	Victoria, BC

**Women**

Distance	Time	Name	Date	Location
5K	15:48	Malindi Elmore	04 Mar 2012	Sidney, BC
8K	25:28	Natasha Wodak	20 Jan 2013	Saanichton, BC
10K	32:15	Lynn Williams	26 Apr 1987	Vancouver, BC
Half Marathon	1:12:47	Tina Connelly	08 Feb 2004	Vancouver, BC
Marathon	2:30:41	Carole Rouillard (QC)	27 Aug 1994	Victoria, BC