

BCA Masters Road Running Records  
Updated september 10, 2023

WOMEN

Distance	Category	First Name	Last Name	Event	Venue	Date of Record	Time	Pending
mile	40-44	Erna	Kozak			1-Jul-87	4:38.6	
mile	45-49	Debbie	Collum	Mundy Mile	Coquitlam	23-May-98 a	5:16	
mile	50-54	Kimberly	Maxwell			12-Jun-88	6:04.5	
mile	55-59	Carol	Montgomery	Fast Days of Summer	Kelowna	4-Sep-22	5:51	
mile	60-64	Rosamund	Dashwood			? 9-Jun-89	6:41.6	
mile	65-69	Cindy	Rhodes	Fast Days of Summer	Kelowna	4-Sep-22 a	6:55	
mile	70-74	Ivy	Granstrom				8:52	
mile	75-74	Diane	Leonard	Fast Days of Summer	Kelowna	4-Sep-22	8:12	
mile	80-84	Liz	Borrett	Fast Days of Summer	Kelowna	4-Sep-22	9:37	
5k	35-39	Natasha	Wodak	St. Patrick's Day 5K	Vancouver	16-Mar-19	15:36	
5k	40-44	Nancy	Tinari	North Shore 5K	North Vancouver	1-Apr-00	16:24	
5k	45-49	Nancy	Tinari	St. Patrick's Day 5K	Vancouver	13-Mar-05	17:07	
5k	50-54	Marilyn	Arsenault	Bazan Bay 5K	Sidney	8-Apr-18	17:43	
5k	55-59	Cindy	Rhodes	St. Patrick's Day 5K	Vancouver	17-Mar-12	19:48	
5k	55-59	Alita	Dommann	Longest Day 5K	Vancouver	16-Jun-23	19:40	p
5k	60-64	Sandra	Bastedo	Bazan Bay 5K	Sidney	12-Mar-06	20:46	
5k	65-69	Faye	Amos	Bazan Bay 5K	Sidney	8-Apr-18	22:57	
5k	65-69	Rosamund	Dashwood	UVic 5K	Victoria	2-Apr-89	22:57	
5k	65-69	Thelma	Wright	St. Patrick's Day 5K	Vancouver	18-Mar-17	22:57	
5k	70-74	Roslyn	Smith	Bazan Bay 5K	Victoria	10-Apr-22	22:50	
5k	75-79	Lenore	Marvin	Sandcastle 5K	White Rock	2-Jul-95 a	25:32	
5k	75-79	BJ	McHugh	North Shore 5K	North Vancouver	5-Apr-03	26:00	
5k	80-84	Lenore	Montgomery	Longest Day 5K	Vancouver	17-Jun-11	28:22	
5k	85-89	Lenore	Montgomery	Carlsbad 5K	Carlsbad	2-Apr-17	34:23	
8k	35-39	Natasha	Wodak	Harriers Pioneer 8k	North Saanich	12-Jan-20	25:55	
8k	40-44	Natasha	Wodak	Harriers Pioneer 8k	North Saanich	8-Jan-23	26:20	
8k	45-49	Nancy	Tinari	Phoenix Athletics 8k	Pt. Moody	5-Jul-05	27:47	
8k	50-54	Marilyn	Arsenault	Harriers Pioneer 8k	North Saanich	13-Jan-19	29:00	
8k	55-59	Cindy	Rhodes	Midsummer 8K	Kelowna	7-Jul-13	33:06	
8k	60-64	Sandra	Bastedo	GoodLife Fitness Victoria 8K	Victoria	10-Oct-04	34:16	

8k	65-69	Thelma	Wright	GoodLife Fitness Victoria 8K	Victoria	8-Oct-17	36:33	
8k	65-69	Cindy	Rhodes	Midsummer 8K	Kelowna	10-Jul-22	36:33	
8k	70-74	BJ	McHugh	Nike Women's 8K	Vancouver	12-Sep-98	38:00	
8k	75-79	Karin	Vickars	GoodLife Fitness Victoria 8K	Victoria	13-Oct-13	41:41	
8k	80-84	BJ	McHugh	Labour Day Weekend 8K	Steveston	31-Aug-08	43:49	
8k	85-89	Lenore	Montgomery	Forever Young 8k	Richmond	11-Sep-16	55:13	
10k	35-39	Natasha	Wodak	Canadian 10K Championship	Ottawa	25-Apr-19	32:31	
10k	40-44	Leah	Pells	Times Colonist 10K	Victoria	24-Apr-05	33:38	
10k	40-44	Natasha	Wodak	VFAC Summerfast 10K	Vancouver	16-Jul-22	32:19	
10k	45-49	Marilyn	Arsenault	Sun Run	Vancouver	21-Apr-13 a	34:59	
10k	45-49	Nancy	Tinari	Times Colonist 10K	Victoria	24-Apr-05	35:08	
10k	50-54	Marilyn	Arsenault	Sun Run	Vancouver	22-Apr-18 a	36:23	
10k	50-54	Jillian	Fong	Eastside 10K	Vancouver	16-Sep-17	37:18	
10k	55-59	Brenda	Baker	Squamish Days 10K	Squamish	3-Aug-08	40:13	
10k	55-59	Jillian	Fong	Sun Run	Vancouver	a	26-Apr-22	37:19
10k	60-64	Sandra	Bastedo	Times Colonist 10K	Victoria	24-Apr-05	42:49	
10k	65-69	BJ	McHugh	Richmond Flatlands	Richmond	17-Oct-93	45:41	
10k	65-69	BJ	McHugh	Sun Run	Vancouver	19-Apr-93 a	45:05	
10k	70-74	Lenore	Montgomery	Sandcastle 10K	White Rock	8-Jun-03 a	47:33	
10k	70-74	BJ	McHugh	Icebreaker 10K	Richmond	1-Feb-98	47:54	
10k	75-79	BJ	McHugh	Sun Run	Vancouver	13-Apr-03 a	50:33	
10k	75-79	Gwen	McFarlan	Richmond Flatlands	Richmond	19-Sep-09	52:23	
10k	80-84	BJ	McHugh	Sun Run	Vancouver	20-Apr-08 a	59:01	
10k	80-84	Lenore	Montgomery	Times Colonist 10K	Victoria	1-May-11	59:19	
10k	85-89	BJ	McHugh	Summerfast 10K	Vancouver	20-Jul-13	1:06:49	
1/2M	35-39	Natasha	Wodak	Houston Half Marathon	Houston	19-Jan-20	1:09:41	
1/2M	40-44	Natasha	Wodak	First Half Marathon	Vancouver	12-Feb-23	1:10:17	
1/2M	45-49	Catherine	Watkins	GoodLife Fitness Victoria Half	Victoria	8-Oct-17	1:17:03	
1/2M	45-49	Marilyn	Arsenault	Scotiabank Vancouver Half	Vancouver	22-Jun-14 a	1:16:52	
1/2M	50-54	Lucy	Smith	GoodLife Fitness Victoria Half	Victoria	8-Oct-17	1:19:54	
1/2M	55-59	Cindy	Rhodes	GoodLife Fitness Victoria Half	Victoria	7-Oct-12	1:29:08	
1/2M	60-64	Cindy	Rhodes	Edmonton Marathon	Edmonton	20-Aug-17	1:37:38	
1/2M	65-69	BJ	McHugh	First Half Marathon	Vancouver	11-Feb-96	1:38:49	
1/2M	70-74	Roslyn	Smith	Comox Half Marathon	Comox	19-Mar-23	1:44:31	
1/2M	75-79	Gwen	McFarlan	SunRype Okanagan Half	Kelowna	11-Oct-09	1:50:00	

1/2M	80-84	BJ	McHugh	BMO Vancouver Half	Vancouver	4-May-08	2:04:19	
1/2M	85-89	Gwen	McFarlan	GoodLife Fitness Victoria Half	Victoria	13-Oct-19	2:21:00	
Mar	35-39	Malindi	Elmore	Houston Marathon	Houston	19-Jan-20	2:24:50	
Mar	40-44	Natasha	Wodak	Berlin Marathon	Berlin	25-Sep-22	2:23:12	
Mar	45-49	Catherine	Watkins	Berlin Marathon	Berlin	16-Sep-18	2:40:11	
Mar	50-54	Cindy	Rhodes	Royal Victoria Marathon	Victoria	11-Oct-09	3:06:45	
Mar	55-59	Brenda	Baker	Royal Victoria Marathon	Victoria	11-Oct-09	3:08:10	
Mar	60-64	Cindy	Rhodes	GoodLife Fitness Victoria Marathon	Victoria	8-Oct-17	3:27:16	
Mar	65-69	Roslyn	Smith	GoodLife Fitness Victoria Marathon	Victoria	11-Oct-15	3:39:35	
Mar	70-74	Liz	Borrett	Boston Marathon	Boston	15-Apr-13 a	4:00:34	
Mar	70-74	Roslyn	Smith	London Marathon	London UK	2-Oct-22	3:50:46	
Mar	75-79	Gwen	McFarlan	BMO Vancouver Marathon	Vancouver	3-May-09	3:57:30	
Mar	80-84	Gwen	McFarlan	Ottawa Marathon	Ottawa	25-May-14	4:12:33	
Mar	85-89	BJ	McHugh	Honolulu Marathon	Honolulu	12-Sep-12	5:12:03	
Mar	90-94	BJ	McHugh	Honolulu Marathon	Honolulu	10-Dec-17	7:03:59	

#### MEN

Distance	Category	First Name	Last Name	Event	Venue	Date of Record	Time	Pending
mile	40-44	Graeme	Fell		San Francisco	1-Jun-99	4:17	
mile	45-49	Dave	Reed	Fifth Avenue Mile	New York	25-Sep-99 a	4:27	
mile	50-54	Jim	Swadling	Mundy Mile	Coquitlam	23-May-98 a	4:43.6	
mile	55-59	Herb	Phillips	Mundy Mile	Coquitlam	23-May-98 a	5:02	
mile	60-64	David	Guss	Bob Reid Magical Mile	Victoria	6-Sep-21	5:03	
mile	65-69	Frank	Kurucz	Mundy Mile	Coquitlam	23-May-98 a	6:02	
mile	70-74	Barrie	Dargie	Harriers Bob Reid Magical Mile	Victoria	4-Oct-17	6:16	
5k	40-44	Graeme	Fell	Netnation 5K	Port Moody	15-Jul-00	14:18	
5k	45-49	Kevin	O'Connor	Bazan Bay 5K	Sidney	10-Mar-13	15:15	
5k	50-54	Mark	Bennett	Longest Day 5K	Vancouver	14-Jun-13	16:12	
5k	55-59	David	Guss	Fast Days of Summer 5000	Kelowna	28-Jul-19	16:39	
5k	60-64	David	Guss	Fast Days of Summer 5000	Kelowna	4-Sep-22	17:08	
5k	65-69	Maurice	Tarrant	UVic 5K	Victoria	19-Mar-95	18:06	
5k	70-74	Herb	Phillips	Longest Day 5K	Vancouver	17-Jun-11	19:14	
5k	75-79	Maurice	Tarrant	Bazan Bay 5K	Sidney	13-Mar-05	20:42	
5k	80-84	Maurice	Tarrant	Bazan Bay 5K	Sidney	7-Mar-10	23:37	

5k	85-89	Maurice	Tarrant	Bazan Bay 5K	Sidney	6-Mar-16	32:31
5k	90-94	Jim	Silvester	Bazan Bay 5K	Sidney	5-Mar-17	57:12
5k	95-99	Jim	Silvester	Bazan Bay 5K	Sidney	8-Apr-18	1:14:07
8k	40-44	Graeme	Fell	IceBreaker	Steveston	6-Feb-00 a?	23:41
8k	45-49	Dave	Reed	IceBreaker	Steveston	6-Feb-00 a?	25:20
8k	50-54	Simon	Timmer	RVM Victoria 8K	Victoria	9-Oct-94	26:39
8k	55-59	Simon	Timmer	Bazen Bay 8K	Sidney	10-May-98	27:01
8k	60-64	David	Guss	Midsummer 8K	Kelowna	10-Jul-22	28:38
8k	65-69	Herb	Phillips	IceBreaker	Steveston	29-Jan-06	29:41
8k	70-74	Herb	Phillips	IceBreaker	Steveston	30-Jan-11	31:47
8k	75-79	Maurice	Tarrant	Harriers Pioneer 8k	Saanich	15-Jan-06	35:38
8k	80-84	Maurice	Tarrant	Harriers Pioneer 8k	Saanich	10-Jan-10	38:15
8k	85-89	Maurice	Tarrant	Harriers Pioneer 8k	Saanich	11-Jan-15	50:02
8k	90-94	Maurice	Tarrant	Harriers Pioneer 8k	Saanich	12-Jan-20	1:12:44
10k	35-39	Jon	Brown	Cardiff Bupa Great Wales Run	Cardiff, UK	27-Jul-08	29:31
10k	40-44	Graeme	Fell	Shelter Island 10k	Shelter Island, NY	10-Jun-00	30:37
10k	40-44	Graeme	Fell	Sun Run	Vancouver	22-Apr-01 a	30:09
10k	45-49	Kevin	O'Connor	Times Colonist 10K	Victoria	29-Apr-12	31:48
10k	45-49	Rob	Lonergan	Sun Run	Vancouver	15-Apr-07 a	31:19
10k	50-54	Herb	Phillips	Longest Day 10K	UBC	13-Jun-92	33:23
10k	55-59	Simon	Timmer	Mill Bay 10K	Mill Bay	24-Jan-99	34:19
10k	60-64	Herb	Phillips	Spring Runoff 10K	Kamloops	18-Mar-01	36:30
10k	60-64	Jim	Swadling	Sun Run	Vancouver	15-Apr-07 a	36:12
10k	65-69	Maurice	Tarrant	Garden City 10K	Victoria	30-Apr-95	37:29
10k	65-69	Herb	Phillips	Sandcastle 10K	White Rock	6-Apr-06 a	37:20
10k	70-74	Jim	Swadling	Times Colonist 10K	Victoria	29-Apr-18	40:19
10k	75-79	Maurice	Tarrant	Times Colonist 10K	Victoria	24-Apr-05	42:13
10k	80-84	Maurice	Tarrant	Times Colonist 10K	Victoria	25-Apr-10	47:51
10k	85-89	Maurice	Tarrant	Cobble Hill 10K	Cobble Hill	25-Jan-15	1:07:06
	90-94	Hans	Sandberg	Times Colonist 10K	Victoria	29-Apr-12	1:27:48
1/2M							
1/2M	35-39	Jon	Brown	Greifenseelauf Uster	Uster, SUI	20-Sep-08	1:05:54
1/2M	40-44	James	Finlayson	First Half Marathon	Vancouver	10-Feb-13	1:07:04
1/2M	45-49	James	Finlayson	Copenhagen Half Marathon	Copenhagen	16-Sep-18	1:08:20
1/2M	50-54	Mark	Bennett	First Half Marathon	Vancouver	16-Feb-14	1:13:33

1/2M	50-54	Herb	Phillips	Las Vegas Half Marathon	Las Vegas	5-Feb-94 a	1:12:29
1/2M	55-59	Maurice	Tarrant	Seattle Half	Seattle	26-Nov-88	1:16:50
1/2M	55-59	Rick	Whiting	Las Vegas Half Marathon	Las Vegas	5-Feb-94 a	1:15:57
1/2M	60-64	David	Guss	Vancouver half Marathon	Vancouver	26-Jun-22 a	1:19:34
1/2M	60-64	Jim	Swadling	First Half Marathon	Vancouver	10-Feb-08	1:20:26
1/2M	65-69	Herb	Phillips	First Half Marathon	Vancouver	19-Feb-06	1:23:20
1/2M	70-74	Herb	Phillips	Delta Half Marathon	Delta	10-Aug-10	1:30:33
1/2M	75-79	Maurice	Tarrant	Comox Valley Half	Comox Valley	20-Mar-05	1:37:37
1/2M	80-84	Maurice	Tarrant	Comox Valley Half	Comox Valley	21-Mar-10	1:51:30
1/2M	85-89	Hazura	Sangha	Comox Valley Half	Comox Valley	18-Mar-18	2:27:05
	90-94	Hans	Sandberg	GoodLife Fitness Victoria Half	Victoria	7-Oct-12	3:11:53
Mar							
Mar	35-39	Jon	Brown	Fukuoka Marathon	Fukuoka, Jpn	7-Dec-08	2:12:27
Mar	40-44	Bruce	Deacon	New York City Marathon	New York	4-Nov-07	2:24:20
Mar	45-49	James	Finlayson	GoodLife Fitness Victoria Marathon	Victoria	7-Oct-18	2:25:11
Mar	50-54	Mark	Bennett	GoodLife Fitness Victoria Marathon	Victoria	13-Oct-13	2:37:20
Mar	50-54	Mark	Bennett	Boston Marathon	Boston	21-Apr-14 a	2:34:41
Mar	55-59	Herb	Phillips	Royal Victoria Marathon	Victoria	8-Oct-95	2:40:19
Mar	55-59	Herb	Phillips	California International Marathon	Sacramento	3-Dec-95 a	2:38:25
Mar	60-64	Herb	Phillips	Royal Victoria Marathon	Victoria	10-Oct-04	2:47:02
Mar	65-69	Herb	Phillips	Royal Victoria Marathon	Victoria	9-Oct-05	2:52:43
Mar	70-74	Herb	Phillips	Royal Victoria Marathon	Victoria	10-Oct-10	3:06:08
Mar	75-79	Rod	Waterlow	GoodLife Fitness Victoria Marathon	Victoria	13-Oct-13	4:01:13
Mar	80-84	Hugh	Clifford	IGAL World Championship	Richmond	4-Oct-86	4:19:56