

# MENS OUTDOOR TRACK + FIELD RECORDS | U16-OPEN

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## TRACK EVENTS

| 100M  | AGE  | RECORD  | ATHLETE               | YOB | AGE | CLUB | LOCATION          | DATE     |
|-------|------|---------|-----------------------|-----|-----|------|-------------------|----------|
|       | U16  | 10.91   | PETER OGILVIE         | 75  |     | VOCA | Springfield, OR   | 07.18.87 |
|       | U18  | 10.41   | (+1.8) PETER OGILVIE  | 75  |     | VOCA | Ottawa, ON        | 06.08.89 |
|       | U20  | 10.38   | (+1.0) NATHAN TAYLOR  | 83  |     | CXVC | London, ON        | 06.08.01 |
|       | U23  | 10.36   | (0.6) JEROME BLAKE    | 95  |     | OACS | Langley, BC       | 06.05.15 |
|       | OPEN | 9.95    | (0.4) JEROME BLAKE    | 95  |     | OACS | Freeport, BHS     | 08.17.25 |
| 200M  | AGE  | RECORD  | ATHLETE               | YOB | AGE | CLUB | LOCATION          | DATE     |
|       | U16  | 21.96   | PETER OGILVIE         | 72  |     | VOCA | Springfield, OR   | 07.19.87 |
|       | U18  | 20.94   | PETER OGILVIE         | 72  |     | VOCA | Provo, UT         | 05.27.89 |
|       | U20  | 20.62   | (0.1) PETER OGILVIE   | 72  |     | VOCA | Provo, UT         | 05.21.91 |
|       | U23  | 20.52   | (1.7) CALLUM ROBINSON | 01  |     | UNBC | San Jose, CRC     | 01.23.23 |
|       | OPEN | 19.95   | (1.6) JEROME BLAKE    | 95  |     | OACS | Ottawa, ON        | 08.03.25 |
| 300M  | AGE  | RECORD  | ATHLETE               | YOB | AGE | CLUB | LOCATION          | DATE     |
|       | U16  | 35.49   | JAKE HANNA            | 97  |     | OATF | Charlottetown, PE | 08.18.12 |
| 400M  | AGE  | RECORD  | ATHLETE               | YOB | AGE | CLUB | LOCATION          | DATE     |
|       | U16  | 50.56   | BENJAMIN AYESU-ATTAH  | 93  |     | COQC | Kamloops, BC      | 07.13.08 |
|       | U18  | 46.49   | SHANE NIEMI           | 78  |     | KAML | Santiago, CHI     | 09.02.95 |
|       | U20  | 45.31   | WILL FLOYD            | 04  |     | UNBC | Langley, BC       | 07.14.23 |
|       | U23  | 44.93   | WILL FLOYD            | 04  |     | UNBC | Gainseville, FL   | 04.19.25 |
|       | OPEN | 44.86   | SHANE NIEMI           | 78  |     | KAML | Ottawa, ON        | 07.21.01 |
| 800M  | AGE  | RECORD  | ATHLETE               | YOB | AGE | CLUB | LOCATION          | DATE     |
|       | U16  | 1:55.51 | KEVIN ROBINSON        | 68  |     | VRTC | Eugene, OR        | 07.10.83 |
|       | U18  | 1:50.28 | KEVIN ROBINSON        | 68  |     | VRTC | Burnaby, BC       | 07.27.85 |
|       | U20  | 1:47.33 | ZACH WITMARSH         | 77  |     | VTFC | Sydney, AUS       | 08.24.96 |
|       | U23  | 1:44.49 | MATTI ERICKSON        | 03  |     | KCTC | Los Angeles, CA   | 07.12.25 |
|       | OPEN | 1:43.68 | GARY REED             | 81  |     | PATH | Monaco, MON       | 07.29.08 |
| 1000M | AGE  | RECORD  | ATHLETE               | YOB | AGE | CLUB | LOCATION          | DATE     |
|       | U16  | 2:44.22 | JOEL HARRISON         | 99  |     | LANG | Langley, BC       | 08.17.14 |
|       | U18  | 2:46.56 | REUBEN ISAK           | 07  |     | OATF | Langley, BC       | 06.10.23 |
|       | U20  | 2:23.35 | JOSEPH KIBUR          | 72  |     | PAAA | Victoria, BC      | 06.04.91 |
|       | U23  | 2:19.05 | SIMON HOOGEWERF       | 63  |     | KJAK | Nice, FRA         | 08.20.84 |
|       | OPEN | 2:18.68 | GARY REED             | 81  |     | UNBC | Stockholm, SWE    | 08.07.07 |
| 1200M | AGE  | RECORD  | ATHLETE               | YOB | AGE | CLUB | LOCATION          | DATE     |
|       | U16  | 3:10.56 | BRENDAN HOFF          | 98  |     | UNBC | Surrey, BC        | 08.09.13 |
| 1500M | AGE  | RECORD  | ATHLETE               | YOB | AGE | CLUB | LOCATION          | DATE     |
|       | U16  | 4:01.36 | MATTI ERICKSON        | 03  |     | KCTC | Langley, BC       | 06.02.18 |
|       | U18  | 3:45.9h | RYAN HAYDEN           | 82  |     | KJAK | Burnaby, BC       | 07.27.99 |
|       | U20  | 3:43.8h | RYAN HAYDEN           | 82  |     | KJAK | Burnaby, BC       | 08.05.00 |
|       | U23  | 3:39.76 | CHARLIE DANNAT        | 99  |     | SFUT | Montreal, OC      | 06.29.21 |
|       | OPEN | 3:34.41 | KIERAN LUMB           | 98  |     | TBIR | Renton, WA        | 06.08.25 |

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| MILE   | AGE  |       | RECORD   |        | ATHLETE            | YOB | AGE | CLUB | LOCATION          | DATE     |
|--------|------|-------|----------|--------|--------------------|-----|-----|------|-------------------|----------|
|        | U16  |       | 4:32.47  |        | MATTI ERICKSON     | 03  |     | KCTC | Portland, OR      | 06.11.17 |
|        | U18  |       | 4:06.92  |        | RILEY SIMMONDS     | 08  |     | VRTC | Eugene, OR        | 06.22.25 |
|        | U20  |       | 4:01.47  |        | RYAN HAYDEN        | 82  |     | KJAK | Philadephia, PA   | 05.14.01 |
|        | U23  |       | 3:58.27  |        | RYAN HAYDEN        | 82  |     | UNBC | Portland, OR      | 05.18.02 |
|        | OPEN |       | 3:57.31  |        | ALLAN KLASSEN      | 86  |     | AITC | Eugene, OR        | 06.05.93 |
| 2000M  | AGE  |       | RECORD   |        | ATHLETE            | YOB | AGE | CLUB | LOCATION          | DATE     |
|        | U16  |       | 5:38.54  |        | ARJUN SANDHU       | 08  |     | TBIR | Sherbrooke, QC    | 08.13.23 |
|        | U18  |       | 5:38.54  |        | ARJUN SANDHU       | 08  |     | TBIR | Sherbrooke, QC    | 08.13.23 |
|        | U20  |       | 5:38.54  |        | ARJUN SANDHU       | 08  |     | TBIR | Sherbrooke, QC    | 08.13.23 |
|        | U23  |       | 5:38.54  |        | ARJUN SANDHU       | 08  |     | TBIR | Sherbrooke, QC    | 08.13.23 |
|        | OPEN |       | 4:55.35  |        | CAMERON LEVINS     | 89  |     | UNBC | New York, NY      | 02.15.14 |
| 3000M  | AGE  |       | RECORD   |        | ATHLETE            | YOB | AGE | CLUB | LOCATION          | DATE     |
|        | U16  |       | 8:45.89  |        | ARJUN SANDHU       | 08  |     | TBIR | Langley, BC       | 06.10.23 |
|        | U18  |       | 8:21.69  |        | CAIDEN LEE         | 05  |     | OATF | Vancouver, BC     | 09.11.21 |
|        | U20  |       | 8:12.30  |        | JESS SCHIEBLER     | 73  |     | KJAK | Burnaby, BC       | 03.23.97 |
|        | U23  |       | 7:45.50  |        | KIERAN LUMB        | 98  |     | UBCT | Boston, MA        | 02.15.20 |
|        | OPEN |       | 7:36.46  |        | KIERAN LUMB        | 98  |     | TBIR | Zagreb, CRO       | 09.10.23 |
| 5000M  | AGE  |       | RECORD   |        | ATHLETE            | YOB | AGE | CLUB | LOCATION          | DATE     |
|        | U20  |       | 14:13.34 |        | TYLER DOZZI        | 99  |     | UBCT | Corvallis, OR     | 04.28.18 |
|        | U23  |       | 13:40.30 |        | CAMERON LEVINS     | 89  |     | CXVC | Des Moines, IA    | 06.11.11 |
|        | OPEN |       | 13:12.54 |        | KIERAN LUMB        | 98  |     | TBIR | Heusden, BEL      | 07.19.25 |
| 10000M | AGE  |       | RECORD   |        | ATHLETE            | YOB | AGE | CLUB | LOCATION          | DATE     |
|        | U20  |       | 30:44.81 |        | YEMANE MULUGETA    | 05  |     | OATF | Langley, BC       | 06.23.23 |
|        | U23  |       | 28:17.55 |        | KIERAN LUMB        | 98  |     | UNBC | Burnaby, BC       | 11.21.20 |
|        | OPEN |       | 27:07.51 |        | CAMERON LEVINS     | 89  |     | UNBC | Eugene, OR        | 05.29.15 |
| 100H   | AGE  |       | RECORD   |        | ATHLETE            | YOB | AGE | CLUB | LOCATION          | DATE     |
|        | U16  | 0.84m | 13.39    | (0.2)  | ANASTAS ELIOPOULOS | 99  |     | VOCA | Nanaimo, BC       | 07.20.14 |
| 110H   | AGE  |       | RECORD   |        | ATHLETE            | YOB | AGE | CLUB | LOCATION          | DATE     |
|        | U18  | 0.91m | 13.98    | (0.5)  | MIHAILO STEFANOVIC | 96  |     | NWSA | Donetsk, UKR      | 07.11.23 |
|        | U20  | 0.99m | 13.36    | (-0.6) | ANASTAS ELIOPOULOS | 99  |     | VOCA | Lima, PER         | 07.21.17 |
|        | U23  | 1.07m | 13.69    | (1.5)  | MICHAEL SCHERK     | 05  |     | UNBC | Walnut, CA        | 04.19.25 |
|        | OPEN | 1.07m | 13.57    | (1.2)  | TIM KROEKER        | 71  |     | VOCA | Flagstaff, AZ     | 05.14.94 |
| 200H   | AGE  |       | RECORD   |        | ATHLETE            | YOB | AGE | CLUB | LOCATION          | DATE     |
|        | U16  | 0.76m | 24.40    | (1.5)  | JAKE HANNA         | 97  |     | OATF | Charlottetown, PE | 08.18.12 |
| 300H   | AGE  |       | RECORD   |        | ATHLETE            | YOB | AGE | CLUB | LOCATION          | DATE     |
|        | U16  | 0.76m | 39.62    |        | THOMAS MA          | 03  |     | VOCA | Coquitlam, BC     | 07.15.18 |
|        | U18  | 0.84m | 38.02    |        | JAKE HANNAH        | 97  |     | OATF | Kamloops, BC      | 07.13.14 |

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| 400H     | AGE  |       | RECORD         | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|----------|------|-------|----------------|-------------------|-----|-----|------|-------------------|----------|
|          | U18  | 0.84m | 53.02          | JOSH GUGGENHEIMER | 82  |     | PGTF | Prince George, BC | 08.15.98 |
|          | U20  | 0.91m | 51.97          | LLOYD GUS         | 59  |     | KJAK | Etobicoke, ON     | 07.28.78 |
|          | U23  | 0.91m | 51.22          | JAMES KERR        | 05  |     | UNBC | Marion, IN        | 05.23.25 |
|          | OPEN | 0.91m | 49.99          | LAURIER PRIMEAU   | 70  |     | TWUS | Flagstaff, AZ     | 07.13.98 |
| 1500SC   | AGE  |       | RECORD         | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|          | U16  | 0.76m | 0.00           | THOMAS NOBBS      | 99  |     | VOCA | Langley, BC       | 08.17.14 |
| 2000SC   | AGE  |       | RECORD         | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|          | U18  | 0.84m | 5:47.98        | SEAN BERGMAN      | 98  |     | OACS | Ste-Therese, QC   | 08.09.15 |
|          | U18  | 0.91m | 5:44.23        | CHRIS WINTER      | 86  |     | NORW | Sherbrooke, QC    | 07.13.03 |
|          | U20  | 0.91m | 5:44.23        | CHRIS WINTER      | 86  |     | NORW | Sherbrooke, QC    | 07.13.03 |
| 3000SC   | AGE  |       | RECORD         | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|          | U18  | 0.91m | 9:12.04        | KYLE JOHNSON      | 95  |     | CXVC | Bellingham, WA    | 05.04.12 |
|          | U20  | 0.91m | 8:55.27        | CHRIS WINTER      | 86  |     | NORW | Burnaby, BC       | 06.14.05 |
|          | U23  | 0.91m | 8:36.55        | JOHN GAY          | 96  |     | UBCT | Los Angeles, CA   | 05.18.17 |
|          | OPEN | 0.91m | 8:12.58        | GRAEME FELL       | 59  |     | TBIR | Koblenz, DEU      | 08.28.85 |
| 1500RW   | AGE  |       | RECORD         | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|          | U16  |       | 6:41.40        | TYLER WILSON      | 90  |     | KJAK | Richmond, BC      | 06.12.05 |
| 3000RW   | AGE  |       | RECORD         | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|          | U18  |       | 13:22.0        | TYLER WILSON      | 02  |     | OATF | Sydney, NS        | 08.11.19 |
|          | U20  |       | 11:41.23       | BENJAMIN THORNE   | 93  |     | WALK | Surrey, BC        | 06.17.12 |
|          | U23  |       | 11:31.23       | BENJAMIN THORNE   | 93  |     | WALK | Surrey, BC        | 06.17.12 |
|          | OPEN |       | 11:02.07       | EVAN DUNFEE       | 90  |     | KJAK | Burnaby, BC       | 07.15.25 |
| 5000RW   | AGE  |       | RECORD         | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|          | U18  |       | 22:45.56       | EVAN DUNFEE       | 90  |     | KJAK | Sherwood Park, AB | 08.09.07 |
|          | U20  |       | 19:49.62       | BENJAMIN THORNE   | 93  |     | WALK | Coquitlam, BC     | 07.17.11 |
|          | U23  |       | 19:00.92       | BENJAMIN THORNE   | 93  |     | WALK | Vancouver, BC     | 04.05.14 |
|          | OPEN |       | 18:33.68       | EVAN DUNFEE       | 90  |     | KJAK | Coquitlam, BC     | 06.02.24 |
| 10000RW  | AGE  |       | RECORD         | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|          | U18  |       | 47:18.40       | ALGER LIANG       | 98  |     | WLAK | Coquitlam, BC     | 06.14.15 |
|          | U20  |       | 42:56.82       | EVAN DUNFEE       | 90  |     | KJAK | Bydgoszcz, POL    | 07.11.08 |
|          | U23  |       | 39:55.52       | EVAN DUNFEE       | 90  |     | KJAK | Coquitlam, BC     | 07.15.12 |
|          | OPEN |       | 38:08.50       | EVAN DUNFEE       | 90  |     | KJAK | Canberra, AUS     | 01.27.25 |
| 20000RW  | AGE  |       | RECORD         | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|          | U23  |       | 1:24:48.00     | INAKI GOMEZ       | 88  |     | WALK | Coquitlam, BC     | 06.22.10 |
|          | OPEN |       | 1:24.46.07     | BENJAMIN THORNE   | 93  |     | WALK | El Cajon, CA      | 02.05.22 |
| 4 x 100M | AGE  |       | RECORD         | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|          |      |       | Researching... |                   |     |     |      |                   |          |
| 4 x 400M | AGE  |       | RECORD         | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|          |      |       | Researching... |                   |     |     |      |                   |          |

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| 4 X 800M       | AGE | RECORD | ATHLETE | YOB | AGE | CLUB | LOCATION | DATE |
|----------------|-----|--------|---------|-----|-----|------|----------|------|
| Researching... |     |        |         |     |     |      |          |      |

## JUMPING EVENTS

| LONG JUMP | AGE  | RECORD | ATHLETE             | YOB | AGE | CLUB | LOCATION       | DATE     |
|-----------|------|--------|---------------------|-----|-----|------|----------------|----------|
|           | U16  | 6.82   | (1.6) JARED HELDMAN | 92  |     | VRTC | Gagetown, NB   | 08.12.07 |
|           | U18  | 7.25   | SHANE NIEMI         | 78  |     | KAML | Langley, BC    | 08.06.94 |
|           | U20  | 7.42   | (1.8) AIDAN TURNER  | 05  |     | KJAK | Long Beach, CA | 04.13.24 |
|           | U23  | 7.55   | (0.2) LYLE LO       | 05  |     | KJAK | Vancouver, BC  | 03.30.25 |
|           | OPEN | 7.80   | MICHAEL MASON       | 48  |     | VOCA | Walnut, CA     | 04.29.71 |

| TRIPLE JUMP | AGE  | RECORD | ATHLETE                | YOB | AGE | CLUB | LOCATION     | DATE     |
|-------------|------|--------|------------------------|-----|-----|------|--------------|----------|
|             | U16  | 13.82  | (1.1) PRAISE ANIAMAKA  | 03  |     | UATH | Brandon, MB  | 08.12.18 |
|             | U18  | 14.93  | (-2.6) PRAISE ANIAMAKA | 03  |     | TBIR | Montreal, QC | 07.28.19 |
|             | U20  | 15.58  | (0.9) PRAISE ANIAMAKA  | 03  |     | TBIR | Langley, BC  | 06.26.22 |
|             | U23  | 16.94  | (1.9) PRAISE ANIAMAKA  | 03  |     | TBIR | Luque, PAR   | 08.22.25 |
|             | OPEN | 16.94  | (1.9) PRAISE ANIAMAKA  | 03  |     | TBIR | Luque, PAR   | 08.22.25 |

| HIGH JUMP | AGE  | RECORD | ATHLETE       | YOB | AGE | CLUB | LOCATION       | DATE     |
|-----------|------|--------|---------------|-----|-----|------|----------------|----------|
|           | U16  | 1.98   | CAIDYN MAVER  | 06  |     | OATF | Langley, BC    | 07.25.21 |
|           | U18  | 2.17   | DJANGO LOVETT | 92  |     | VRTC | SudtiroL, ITA  | 07.12.09 |
|           | U20  | 2.20   | MICHAEL MASON | 86  |     | VRTC | Nashville, TN  | 05.14.05 |
|           | U23  | 2.27   | MICHAEL MASON | 86  |     | VRTC | Windsor, ON    | 07.15.07 |
|           | OPEN | 2.33   | MICHAEL MASON | 86  |     | VRTC | Eberstadt, GER | 08.02.15 |

| POLE VAULT | AGE  | RECORD | ATHLETE        | YOB | AGE | CLUB | LOCATION       | DATE     |
|------------|------|--------|----------------|-----|-----|------|----------------|----------|
|            | U16  | 4.00T  | AIDAN TURNER   | 05  |     | KJAK | Abbotsford, BC | 10.17.20 |
|            | U16  | 4.00T  | TYLER HVIDSTON | 09  |     | PETF | Calgary, AB    | 08.09.24 |
|            | U18  | 4.85   | AIDAN TURNER   | 05  |     | KJAK | Langley, BC    | 06.11.22 |
|            | U20  | 4.85   | AIDAN TURNER   | 05  |     | KJAK | Langley, BC    | 06.11.22 |
|            | U23  | 5.30   | RYAN VU        | 88  |     | UNBC | Austin, TX     | 05.29.10 |
|            | OPEN | 5.50   | ROB PIKE       | 70  |     | LANG | Calgary, AB    | 07.30.01 |

## THROWING EVENTS

| SHOT PUT | AGE  | RECORD | ATHLETE | YOB             | AGE | CLUB | LOCATION            | DATE     |
|----------|------|--------|---------|-----------------|-----|------|---------------------|----------|
|          | U16  | 4.00K  | 18.70   | DELORE LAKUSTA  | 68  | SFTC | Maple Ridge, BC     | 07.31.83 |
|          | U18  | 5.00K  | 20.59   | MICHAEL OGBEIWI | 04  | SOSA | Kamloops, BC        | 10.23.21 |
|          | U20  | 6.00K  | 18.17   | DRUV SOBTI      | 01  | KJAK | Kamloops, BC        | 07.03.19 |
|          | U20  | 7.26K  | 18.07   | DYLAN ARMSTRONG | 81  | KAML | College Station, TX | 05.19.01 |
|          | U23  | 7.26K  | 18.07   | DYLAN ARMSTRONG | 81  | KAML | College Station, TX | 05.19.01 |
|          | OPEN | 7.26K  | 22.21   | DYLAN ARMSTRONG | 81  | KAML | Calgary, AB         | 06.25.11 |



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| DISCUS THROW | AGE  |       | RECORD | ATHLETE         | YOB | AGE | CLUB | LOCATION     | DATE     |
|--------------|------|-------|--------|-----------------|-----|-----|------|--------------|----------|
|              | U16  | 1.00K | 60.58  | MICHAEL OGBEIWI | 04  |     | SOSA | Kamloops, BC | 08.17.19 |
|              | U18  | 1.50K | 57.67  | ADAM KEENAN     | 93  |     | PATH | Duncan, BC   | 06.13.10 |
|              | U20  | 1.75K | 54.00  | MATTHEW ULIANA  | 04  |     | TBIR | Richmond, BC | 05.23.21 |
|              | U20  | 2.00K | 54.60  | DYLAN ARMSTRONG | 81  |     | KAML | Montreal, QC | 07.18.00 |
|              | U23  | 2.00K | 59.42  | JEREMIAH NUBBE  | 03  |     | KAML | Austin, TX   | 04.27.24 |
|              | OPEN | 2.00K | 60.96  | DARIUSZ SLOWIK  | 77  |     | KJAK | Windsor, ON  | 07.15.07 |

| HAMMER THROW | AGE  |       | RECORD | ATHLETE         | YOB | AGE | CLUB | LOCATION      | DATE     |
|--------------|------|-------|--------|-----------------|-----|-----|------|---------------|----------|
|              | U16  | 4.00K | 69.99  | KIAN ZABIHI     | 05  |     | KAML | Kamloops, BC  | 08.17.19 |
|              | U18  | 5.00K | 73.14  | MATTHEW ULIANA  | 04  |     | TBIR | Kamloops, BC  | 09.19.21 |
|              | U20  | 6.00K | 77.97  | ETHAN KATZBERG  | 02  |     | KAML | Kamloops, BC  | 05.23.21 |
|              | U20  | 7.26K | 70.66  | DYLAN ARMSTRONG | 81  |     | KAML | Flagstaff, AZ | 07.03.00 |
|              | U23  | 7.26K | 84.38  | ETHAN KATZBERG  | 02  |     | KAML | Nairobi, KEN  | 04.20.24 |
|              | OPEN | 7.26K | 84.70  | ETHAN KATZBERG  | 02  |     | KAML | Tokyo, JPN    | 09.16.25 |

| JAVELIN THROW | AGE  |      | RECORD | ATHLETE         | YOB | AGE | CLUB | LOCATION       | DATE     |
|---------------|------|------|--------|-----------------|-----|-----|------|----------------|----------|
| OLD SPEC      | U16  | 600G | 72.96  | TRAVIS HARFIELD | 07  |     | AVIC | Victoria, BC   | 08.17.19 |
|               | U18  | 700G | 76.82  | TRAVIS HARFIELD | 07  |     | AVIC | Victoria, BC   | 07.16.23 |
|               | U18  | 700G | 60.92  | TYSON SERVOS    | 08  |     | CXVC | Comox, BC      | 11.01.25 |
|               | U20  | 800G | 73.50  | CODY PARKER     | 92  |     | CXVC | Miramar, FL    | 07.23.11 |
|               | U23  | 800G | 78.32  | CURTIS MOSS     | 87  |     | TBIR | Copenhagen DEN | 08.06.09 |
|               | OPEN | 800G | 81.21  | CURTIS MOSS     | 87  |     | KJAK | Victoria, BC   | 06.13.12 |

## COMBINED EVENTS

| PENTATHLON | AGE |  | RECORD | ATHLETE                                               | YOB | AGE | CLUB | LOCATION   | DATE     |
|------------|-----|--|--------|-------------------------------------------------------|-----|-----|------|------------|----------|
|            | U16 |  | 3417   | JASPER SCHIEDEL                                       | 98  |     | VOCA | Surrey, BC | 06.22.13 |
|            |     |  |        | 14.17 (0.1) / 1.67m / 5.76m (-2.2) / 11.73m / 2:45.48 |     |     |      |            |          |

| DECATHLON | AGE  |  | RECORD | ATHLETE                                                                                                | YOB | AGE | CLUB | LOCATION          | DATE     |
|-----------|------|--|--------|--------------------------------------------------------------------------------------------------------|-----|-----|------|-------------------|----------|
|           | U18  |  | 6817   | AIDAN TURNER                                                                                           | 05  |     | KJAK | Langley, BC       | 06.04.22 |
|           |      |  |        | 10.88 (2.1) / 6.43m (-1.1) / 12.65m / 1.76m / 52.15 / 14.80 (1.5) / 33.81m / 46.10m / 5:11.96          |     |     |      |                   |          |
|           | U20  |  | 7309   | NATE PARIS                                                                                             | 04  |     | NTFC | Cali, COL         | 07.23.11 |
|           |      |  |        | 10.56 (0.9) / 7.11m (-0.9) / 11.72m / 2.05m / 48.08 / 14.80 (-0.4) / 35.58m / 3.90m / 46.47m / 4:55.12 |     |     |      |                   |          |
|           | U23  |  | 7601   | JAMES TURNER                                                                                           | 95  |     | OACS | San Salvador, ESA | 07.17.16 |
|           |      |  |        | 11.08 (-0.4) / 7.03m (1.1) / 13.11m / 1.91m / 48.97 / 15.85 (0.1) / 45.40m / 4.60m / 57,60m / 4:43.28  |     |     |      |                   |          |
|           | OPEN |  | 7797   | GORDON ORLIKOW                                                                                         | 60  |     | UNBC | Gotzis, AUT       | 05.24.87 |
|           |      |  |        | 10.81 (1.7) / 7.17m (-0.9) / 13.39m / 1.84m / 48.31 / 14.48 (1.6) / 40.34m / 4.60m / 50.30m / 4:26.05  |     |     |      |                   |          |

## MENS OUTDOOR TRACK + FIELD RECORDS | PARA

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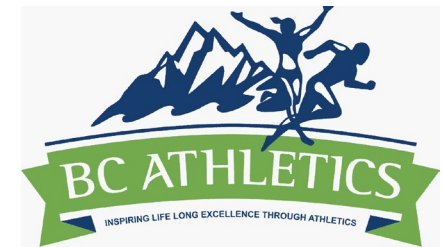


### TRACK EVENTS

| 100M | AGE | RECORD  | ATHLETE                 | YOB | AGE | CLUB | LOCATION        | DATE     |
|------|-----|---------|-------------------------|-----|-----|------|-----------------|----------|
|      | T11 | 12.31   | (1.4) DUSTIN WALSH      | 83  |     | LANG | Burnaby, BC     | 05.29.12 |
|      | T12 | 11.52   | (0.7) DAVID JOHNSON     | 99  |     | UNBC | Ottawa, ON      | 08.01.25 |
|      | T13 | 11.22   | (1.2) BRAEDON DOLFO     | 93  |     | LANG | Lyon, FRA       | 07.24.13 |
|      | T20 | 24.96   | (-2.4) GES BUSHE        | 01  |     | HHAC | Langley, BC     | 06.02.18 |
|      | T33 | 29.30   | (-2.0) ALVIN LEE        | 73  |     | WCRS | Nanaimo, BC     | 05.29.11 |
|      | T34 | 16.31   | (1.5) NATHAN DEWITT     | 90  |     | WCRS | Arbon, SUI      | 06.04.15 |
|      | T47 | 11.67   | (1.1) THOMAS NORMANDEAU | 96  |     | UNBC | Mesa, AZ        | 04.22.22 |
|      | T51 | 19.63   | (-0.3) CODY FOURNIE     | 89  |     | UNBC | Paris, FRA      | 09.06.24 |
|      | T52 | 20.09   | (1.1) CODY FOURNIE      | 89  |     | UNBC | Victoria, BC    | 05.11.25 |
|      | T53 | 17.27   | (0.7) SEDRICK SKABAR    | 93  |     | WCRS | Arbon, SUI      | 05.28.17 |
|      | T54 | 16.85   | (0.8) TRISTAN SMYTH     | 86  |     | WCRS | Coquitlam, BC   | 06.28.17 |
|      | T63 | 19.97   | (0.0) MANJOT DHINDSA    | 98  |     | UNBC | Dubai, UAE      | 03.24.22 |
| 200M | AGE | RECORD  | ATHLETE                 | YOB | AGE | CLUB | LOCATION        | DATE     |
|      | T11 | 24.19   | (-0.2) DUSTIN WALSH     | 83  |     | LANG | Edmonton, AB    | 07.05.15 |
|      | T12 | 23.55   | (0.1) DAVID JOHNSON     | 99  |     | UNBC | Utrecht, NED    | 05.12.23 |
|      | T13 | 23.00   | (0.0) BRAEDON DOLFO     | 93  |     | LANG | Coquitlam, BC   | 08.15.12 |
|      | T20 | 23.54   | (-0.3) HOLDEN GILL      | 94  |     | UNBC | Calgary, AB     | 05.12.19 |
|      | T34 | 29.88   | (1.9) NATHAN DEWITT     | 90  |     | WCRS | Arbon, SUI      | 06.04.15 |
|      | T51 | 37.64   | (-0.7) CODY FOURNIE     | 89  |     | UNBC | Paris, FRA      | 09.03.24 |
|      | T52 | 37.35   | (-0.6) CODY FOURNIE     | 89  |     | UNBC | Arbon, SUI      | 06.01.25 |
|      | T53 | 30.84   | (-0.9) SEDRICK SKABAR   | 93  |     | WCRS | Arbon, SUI      | 05.28.17 |
|      | T54 | 29.07   | (-0.7) TRISTAN SMYTH    | 86  |     | WCRS | Coquitlam, BC   | 06.08.14 |
| 400M | AGE | RECORD  | ATHLETE                 | YOB | AGE | CLUB | LOCATION        | DATE     |
|      | T11 | 53.00   | DUSTIN WALSH            | 83  |     | LANG | Coquitlam, BC   | 06.09.13 |
|      | T12 | 51.38   | DAVID JOHNSON           | 99  |     | UNBC | San Diego, CA   | 03.23.24 |
|      | T13 | 59.47   | MICHAEL PING            | 93  |     | COQC | Coquitlam, BC   | 06.10.12 |
|      | T20 | 52.23   | HOLDEN GILL             | 94  |     | UNBC | Calgary, AB     | 05.12.19 |
|      | T34 | 1:00.30 | NATHAN DEWITT           | 90  |     | WCRS | Arbon, SUI      | 06.07.15 |
|      | T37 | 54.18   | LIAM STANLEY            | 97  |     | PIHR | Dubai, UAE      | 09.11.19 |
|      | T38 | 55.40   | LIAM STANLEY            | 97  |     | PIHR | Coquitlam, BC   | 06.02.24 |
|      | T47 | 49.86   | THOMAS NORMANDEAU       | 96  |     | UNBC | Azusa, CA       | 05.15.21 |
|      | T51 | 2:53.79 | AL WILSON               | 76  |     | WCRS | Victoria, BC    | 05.08.22 |
|      | T52 | 1:26.19 | JAMES HUSTVEDT          | 69  |     | WCRS | Abbotsford, BC  | 07.18.10 |
|      | T53 | 58.22   | SEDRICK SKABAR          | 93  |     | WCRS | Arbon, SUI      | 05.28.17 |
|      | T54 | 49.05   | TRISTAN SMYTH           | 86  |     | WCRS | Quebec City, QC | 07.13.18 |
| 800M | CAT | RECORD  | ATHLETE                 | YOB | AGE | CLUB | LOCATION        | DATE     |
|      | T11 | 2:09.22 | DUSTIN WALSH            | 83  |     | LANG | Moncton, NB     | 06.28.14 |
|      | T12 | 2:10.71 | DAVID JOHNSON           | 99  |     | VICS | Victoria, BC    | 05.08.16 |
|      | T13 | 2:16.89 | MICHAEL PING            | 93  |     | COQC | Vancouver, BC   | 03.30.13 |
|      | T20 | 1:53.71 | MICHAEL BARBER          | 00  |     | PIHR | Toronto, ON     | 07.21.24 |
|      | T34 | 2:05.03 | NATHAN DEWITT           | 90  |     | WCRS | Sherbrooke, QC  | 06.19.16 |
|      | T37 | 1:59.26 | LIAM STANLEY            | 97  |     | PIHR | Kamloops, BC    | 07.10.22 |
|      | T38 | 1:52.00 | NATE TUCKER             | 95  |     | UNBC | Victoria, BC    | 06.16.22 |
|      | T52 | 2:59.18 | JAMES HUSTVEDT          | 69  |     | WCRS | Victoria, BC    | 05.08.11 |

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| 800M cont. | CAT | RECORD  | ATHLETE        | YOB | AGE | CLUB | LOCATION     | DATE     |
|------------|-----|---------|----------------|-----|-----|------|--------------|----------|
|            | T53 | 1:57.98 | SEDRICK SKABAR | 93  |     | WCRS | Nottwil, SUI | 06.02.17 |
|            | T54 | 1:35.30 | TRISTAN SMYTH  | 86  |     | WCRS | Arbon, SUI   | 06.02.19 |

| 1500M | CAT | RECORD  | ATHLETE        | YOB | AGE | CLUB | LOCATION          | DATE     |
|-------|-----|---------|----------------|-----|-----|------|-------------------|----------|
|       | T20 | 3:57.80 | MICHAEL BARBER | 00  |     | PIHR | Loughborough, GBR | 08.09.23 |
|       | T34 | 4:15.65 | NATHAN DEWITT  | 90  |     | WCRS | Coquitlam, BC     | 06.10.12 |
|       | T37 | 4:03.25 | LIAM STABLEY   | 97  |     | PIHR | Burnaby, BC       | 05.14.22 |
|       | T38 | 3:47.99 | NATE TUCKER    | 95  |     | UNBC | Portland, OR      | 05.29.21 |
|       | T52 | 5:51.06 | JAMES HUSTVEDT | 69  |     | WCRS | Victoria, BC      | 06.08.11 |
|       | T53 | 3:44.48 | SEDRICK SKABAR | 93  |     | WCRS | Arbon, SUI        | 05.28.17 |
|       | T54 | 2:55.12 | TRISTAN SMYTH  | 86  |     | WCRS | Quebec City, QC   | 07.16.21 |

| 3000M | CAT | RECORD   | ATHLETE        | YOB | AGE | CLUB | LOCATION     | DATE     |
|-------|-----|----------|----------------|-----|-----|------|--------------|----------|
|       | T13 | 9:42.00  | RYAN OLLIS     | 80  |     | NORW | Langley, BC  | 01.01.01 |
|       | T20 | 9:138h   | MICHAEL BARBER | 00  |     | PIHR | Victoria, BC | 11.17.17 |
|       | T38 | 8:37.90  | NATE TUCKER    | 95  |     | UNBC | Victoria, BC | 12.11.20 |
|       | T54 | 10:05.34 | TRISTAN SMYTH  | 86  |     | WCRS | Dubai, UAE   | 03.19.18 |

| 5000M | CAT | RECORD   | ATHLETE        | YOB | AGE | CLUB | LOCATION     | DATE     |
|-------|-----|----------|----------------|-----|-----|------|--------------|----------|
|       | T20 | 15:39.20 | MICHAEL BARBER | 00  |     | PIHR | Victoria, BC | 03.05.22 |
|       | T37 | 15:39.08 | LIAM STANLEY   | 97  |     | PIHR | Victoria, BC | 03.05.22 |
|       | T38 | 15:00.42 | NATE TUCKER    | 95  |     | UNBC | Victoria, BC | 03.27.21 |

### JUMPING EVENTS

| LONG JUMP | CAT | RECORD | ATHLETE             | YOB | AGE | CLUB | LOCATION      | DATE     |
|-----------|-----|--------|---------------------|-----|-----|------|---------------|----------|
|           | T12 | 6.17   | (0.0) BRAEDON DOLFO | 93  |     | LANG | Burnaby, BC   | 06.05.10 |
|           | T13 | 6.43   | (0.4) BRAEDON DOLFO | 93  |     | LANG | Vancouver, BC | 04.20.15 |
|           | T20 | 3.85   | (-0.1) SIMON PHIPPS | 93  |     | RPDE | Victoria, BC  | 05.11.14 |

| HIGH JUMP | CAT | RECORD | ATHLETE       | YOB | AGE | CLUB | LOCATION          | DATE     |
|-----------|-----|--------|---------------|-----|-----|------|-------------------|----------|
|           | T12 | 1.80   | BRAEDON DOLFO | 93  |     | LANG | Coquitlam, BC     | 06.13.10 |
|           | T13 | 1.82   | BRAEDON DOLFO | 93  |     | LANG | Christchurch, NZL | 01.28.11 |

### THROWING EVENTS

| SHOT PUT | CAT | RECORD | ATHLETE | YOB            | AGE | CLUB | LOCATION        | DATE     |
|----------|-----|--------|---------|----------------|-----|------|-----------------|----------|
|          | F11 | 7.26K  | 4.07    | DUSTIN WALSH   | 83  | LANG | Burnaby, BC     | 05.26.12 |
|          | F34 | 4.00K  | 7.73    | EDDY SOLLA     | 95  | WCRS | Ottawa, ON      | 07.04.18 |
|          | F37 | 5.00K  | 6.54    | MATTHEW ELFORD | 86  | WCRS | Coquitlam, BC   | 07.17.11 |
|          | F46 | 6.00K  | 16.75   | GREG STEWART   | 86  | KAML | Tokyo, JPN      | 09.01.21 |
|          | F52 | 2.00K  | 6.04    | ANDREW DAVIS   | 73  | WCRS | Sherbrooke, QC  | 08.16.13 |
|          | F53 | 3.00K  | 5.90    | SEDRICK SKABAR | 93  | WCRS | Tempe, AZ       | 05.14.16 |
|          | F54 | 4.00K  | 6.39    | SEDRICK SKABAR | 93  | WCRS | Langley, BC     | 06.29.15 |
|          | F55 | 4.00K  | 6.07    | DARYL YUEN     | 89  | BCWS | Coquitlam, BC   | 07.06.25 |
|          | F57 | 4.00K  | 9.83    | DAKOTA DARLING | 90  | WCRS | Ottawa, ON      | 07.04.18 |
|          | F58 | 5.00K  | 6.89    | JAMES WATERLOW | 81  | WCRS | Mississauga, ON | 05.12.12 |

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| CLUB THROW | CAT |      | RECORD | ATHLETE        | YOB | AGE | CLUB | LOCATION      | DATE     |
|------------|-----|------|--------|----------------|-----|-----|------|---------------|----------|
|            | F32 | 397G | 12.21  | SHAUN MCKENZIE | 71  |     | WCRS | Coquitlam, BC | 07.17.11 |
|            | F51 | 397G | 17.20  | RYAN SCHWEIZER | 75  |     | WCRS | Surrey, BC    | 06.28.16 |

| DISCUS THROW | CAT |       | RECORD | ATHLETE         | YOB | AGE | CLUB | LOCATION       | DATE     |
|--------------|-----|-------|--------|-----------------|-----|-----|------|----------------|----------|
|              | F11 | 2.00K | 26.59  | NESS MURBY      | 85  |     | KJAK | Lethbridge, AB | 05.18.24 |
|              | F34 | 1.00K | 24.12  | EDDY SOLLA      | 95  |     | WCRS | Montreal, QC   | 07.25.19 |
|              | F42 | 1.50K | 23.74  | GRAHAM GISKE    | 84  |     | NTFC | Edmonton, AB   | 07.02.15 |
|              | F46 | 1.50K | 41.75  | GREG STEWART    | 86  |     | UNBC | Calgary, AB    | 05.28.17 |
|              | F51 | 1.00K | 5.29   | SHAUN MCKENZIE  | 71  |     | WCRS | Nanaimo, BC    | 05.24.15 |
|              | F52 | 1.00K | 11.17  | PETER ISHERWOOD | 77  |     | WCRS | Ottawa, ON     | 07.04.17 |
|              | F53 | 1.00K | 16.04  | SEDRICK SKABAR  | 93  |     | WCRS | Edmonton, AB   | 07.04.15 |
|              | F54 | 1.00K | 16.85  | SEDRICK SKABAR  | 93  |     | WCRS | Coquitlam, BC  | 06.14.15 |
|              | F55 | 1.00K | 21.66  | DARYL YUEN      | 89  |     | BCWS | Coquitlam, BC  | 07.06.25 |
|              | F57 | 1.00K | 33.50  | DAKOTA DARLING  | 90  |     | WCRS | Coquitlam, BC  | 06.10.18 |
|              | F58 | 1.00K | 24.43  | JAMES WATERLOW  | 81  |     | WCRS | Nanaimo, BC    | 05.27.12 |

| JAVELIN THROW | CAT |  | RECORD | ATHLETE        | YOB | AGE | CLUB | LOCATION      | DATE     |
|---------------|-----|--|--------|----------------|-----|-----|------|---------------|----------|
|               | F34 |  | 23.28  | EDDY SOLLA     | 95  |     | WCRS | Coquitlam, BC | 06.10.18 |
|               | F42 |  | 22.72  | GRAHAM GISKE   | 85  |     | NTFC | Edmonton, AB  | 07.02.15 |
|               | F53 |  | 14.34  | SEDRICK SKABAR | 93  |     | WCRS | Edmonton, AB  | 07.04.15 |
|               | F55 |  | 18.27  | DARYL YUEN     | 89  |     | WCRS | Coquitlam, BC | 06.10.18 |
|               | F57 |  | 33.50  | DAKOTA DARLING | 90  |     | WCRS | Coquitlam, BC | 06.10.18 |
|               | F58 |  | 17.80  | JAMES WATERLOW | 81  |     | WCRS |               | 06.17.12 |

## COMBINED EVENTS

| PENTATHLON | CAT |  | RECORD | ATHLETE          | YOB | AGE | CLUB | LOCATION    | DATE     |
|------------|-----|--|--------|------------------|-----|-----|------|-------------|----------|
|            | P11 |  | 1367   | DUSTIN WALSH     | 83  |     | LANG | Burnaby, BC | 05.26.12 |
|            |     |  |        | (researching...) |     |     |      |             |          |
|            | P13 |  | 2050   | JASON DELESSALE  | 72  |     | UNBC | Atlanta, GA | 08.22.96 |
|            |     |  |        | (researching...) |     |     |      |             |          |



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## TRACK EVENTS

| 100M | AGE  | RECORD  | ATHLETE                 | YOB | AGE | CLUB | LOCATION       | DATE     |
|------|------|---------|-------------------------|-----|-----|------|----------------|----------|
|      | M35  | 10.9(h) | HAROLD MORIOKA          | 43  | 35  | GREY | Vancouver, BC  | 06.17.78 |
|      | M40  | 11.10   | (2.0) DAVID LEE PROVO   | 62  | 40  | UNBC | Richmond, BC   | 08.16.03 |
|      | M45  | 11.11   | HAROLD MORIOKA          | 43  | 45  | GREY | Toronto, ON    | 08.27.88 |
|      | M50  | 11.62   | (1.1) TOM DICKSON       | 53  | 51  | VRTC | Calgary, AB    | 07.17.04 |
|      | M55  | 12.01   | (-1.4) TOM DICKSON      | 53  | 57  | VRTC | Sacramento, CA | 07.23.10 |
|      | M60  | 12.10   | (1.9) TOM DICKSON       | 53  | 61  | VRTC | Pasadena, CA   | 06.21.14 |
|      | M65  | 12.95   | (-0.1) TOM DICKSON      | 53  | 66  | VRTC | Surrey, BC     | 07.09.19 |
|      | M70  | 13.14   | (1.2) TOM DICKSON       | 53  | 70  | VRTC | Langley, BC    | 08.11.23 |
|      | M75  | 14.51   | (1.7) NORM LESAGE       | 29  | 77  | GREY | St. George, UT | 10.10.07 |
|      | M80  | 15.70   | (0.0) NORM LESAGE       | 29  | 82  | GREY | Kamloops, BC   | 05.19.12 |
|      | M85  | 18.00   | (-1.0) NORM LESAGE      | 29  | 85  | GREY | Surrey, BC     | 04.25.15 |
|      | M90  | 22.86   | (0.0) JOE GIEGERICH     | 32  | 90  | NTFC | Surrey, BC     | 08.13.22 |
|      | M95  | 1:18.82 | (-0.2) WILLIAM FALCONER | 20  | 95  | UNBC | Burnaby, BC    | 08.27.15 |
|      | M100 | 1:25.21 | (-0.9) NIHAL GILL       | 18  | 101 | UNBC | Vancouver, BC  | 08.29.16 |

| 200M | AGE | RECORD   | ATHLETE                | YOB | AGE | CLUB | LOCATION       | DATE     |
|------|-----|----------|------------------------|-----|-----|------|----------------|----------|
|      | M35 | 22.3 (h) | HAROLD MORIOKA         | 43  | 36  | GREY | Surrey, BC     | 07.08.79 |
|      | M35 | 23.40    | (0.6) BRIAN CARNATE    | 77  | 39  | GREY | Aukland, NZL   | 04.25.17 |
|      | M40 | 22.47    | (-2.1) DAVID LEE PROVO | 62  | 40  | UNBC | Richmond, BC   | 08.17.03 |
|      | M45 | 23.26    | (0.1) DAVID LEE PROVO  | 62  | 47  | UNBC | Sydney, AUS    | 10.18.09 |
|      | M50 | 23.72    | HAROLD MORIOKA         | 43  | 51  | GREY | Eugene, OR     | 06.26.94 |
|      | M55 | 24.44    | (1.3) HAROLD MORIOKA   | 43  | 56  | GREY | Gateshead, GBR | 08.03.99 |
|      | M60 | 25.36    | (1.4) HAROLD MORIOKA   | 43  | 60  | GREY | Eugene, OR     | 06.22.03 |
|      | M65 | 27.78    | (-1.5) TOM DICKSON     | 53  | 66  | VRTC | Seattle, WA    | 08.10.19 |
|      | M70 | 29.26    | (0.7) TOM UKONMAANAHO  | 44  | 73  | PGTF | Surrey, BC     | 08.05.18 |
|      | M75 | 29.51    | (-1.6) NORM LESAGE     | 29  | 75  | GREY | Langley, BC    | 06.18.05 |
|      | M80 | 33.61    | (-0.6) NORM LESAGE     | 29  | 81  | GREY | Burnaby, BC    | 07.10.11 |
|      | M85 | 39.17    | (-1.5) KARL MEY        | 36  | 85  | GREY | Tampere, FIN   | 07.03.22 |
|      | M90 | 50.19    | (0.0) JOE GIEGERICH    | 32  | 90  | NTFC | Surrey, BC     | 08.14.22 |

| 400M | AGE | RECORD  | ATHLETE        | YOB | AGE | CLUB | LOCATION       | DATE     |
|------|-----|---------|----------------|-----|-----|------|----------------|----------|
|      | M35 | 49.3(h) | HAROLD MORIOKA | 43  | 35  | GREY | Victoria, BC   | 06.24.78 |
|      | M35 | 49.52   | HAROLD MORIOKA | 43  | 36  | GREY | Vancouver, BC  | 06.22.79 |
|      | M40 | 50.52   | HAROLD MORIOKA | 43  | 42  | GREY | Rome, ITA      | 06.28.85 |
|      | M45 | 50.60   | HAROLD MORIOKA | 43  | 46  | GREY | Eugene, OR     | 08.05.89 |
|      | M50 | 51.70   | HAROLD MORIOKA | 43  | 51  | GREY | Eugene, OR     | 06.21.03 |
|      | M55 | 53.3(h) | HAROLD MORIOKA | 43  | 56  | GREY | Burnaby, BC    | 07.06.99 |
|      | M55 | 53.61   | HAROLD MORIOKA | 43  | 56  | GREY | Eugene, OR     | 06.19.99 |
|      | M60 | 55.04   | HAROLD MORIOKA | 43  | 60  | GREY | Eugene, OR     | 06.21.03 |
|      | M65 | 1:00.63 | MARK PINCKARD  | 60  | 65  | OATF | Coquitlam, BC  | 05.31.25 |
|      | M70 | 1:07.47 | ANDY AADMI     | 35  | 73  | UNBC | Burnaby, BC    | 08.05.09 |
|      | M75 | 1:10.54 | ANDY AADMI     | 35  | 75  | UNBC | Sacramento, CA | 07.16.11 |
|      | M80 | 1:21.32 | MARK STEWART   | 44  | 65  | GREY | Comox, BC      | 06.21.25 |
|      | M85 | 1:32.68 | KARL MEY       | 36  | 85  | GREY | Surrey, BC     | 08.21.21 |
|      | M90 | 2:12.03 | HARRY THOMPSON | 22  | 90  | UNBC | Kamloops, BC   | 05.18.13 |

## MENS OUTDOOR TRACK + FIELD RECORDS | MASTERS

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| 800M  | AGE | RECORD     | ATHLETE          | YOB | AGE | CLUB | LOCATION          | DATE     |
|-------|-----|------------|------------------|-----|-----|------|-------------------|----------|
|       | M35 | 1:54.02    | MARK KNOOP       | 67  | 39  | UNBC | Victoria, BC      | 06.17.06 |
|       | M40 | 1:55.40    | MARK KNOOP       | 67  | 40  | UNBC | Richmond, BC      | 06.03.07 |
|       | M45 | 2:00.24    | WARREN MCCULLOCH | 66  | 45  | GREY | Coquitlam, BC     | 07.17.11 |
|       | M50 | 2:01.26    | HAROLD MORIOKA   | 43  | 50  | GREY | Coquitlam, BC     | 06.13.93 |
|       | M55 | 2:07.1(h)  | HAROLD MORIOKA   | 43  | 56  | GREY | Burnaby, BC       | 06.29.99 |
|       | M60 | 2:10.77    | MARK PINCKARD    | 60  | 61  | OATF | Surrey, BC        | 08.22.21 |
|       | M65 | 2:16.61    | MARK PINCKARD    | 60  | 65  | OATF | Coquitlam, BC     | 06.01.25 |
|       | M70 | 2:39.78    | JOE GIEGERICH    | 32  | 70  | NTFC | Toronto, ON       | 07.14.02 |
|       | M75 | 2:50.50    | MARK STEWART     | 44  | 76  | GREY | Surrey, BC        | 09.12.20 |
|       | M80 | 3:11.37    | MARK STEWART     | 44  | 80  | GREY | Coquitlam, BC     | 08.04.24 |
|       | M85 | 3:54.86    | KARL MEY         | 36  | 85  | GREY | Tampere, FIN      | 07.01.22 |
|       | M90 | 5:07.40    | HARRY THOMPSON   | 22  | 90  | UNBC | Kamloops, BC      | 08.21.13 |
| 1500M | AGE | RECORD     | ATHLETE          | YOB | AGE | CLUB | LOCATION          | DATE     |
|       | M35 | 3:45.2(h)  | PAUL WILLIAMS    | 56  | 35  | UNBC | Abbotsford, BC    | 05.27.92 |
|       | M40 | 4:01.50    | BARRY ADAMS      | 42  | 41  | UNBC | San Juan, PUR     | 09.29.83 |
|       | M40 | 4:01.4(h)  | MIKE CREERY      | 48  | 40  | UNBC | Victoria, BC      | 05.21.88 |
|       | M45 | 4:12.3(h)  | MIKE CREERY      | 48  | 45  | UNBC | Eugene, OR        | 06.13.93 |
|       | M50 | 4:20.81    | CRAIG MACLEAN    | 71  | 52  | UNBC | Seattle, WA       | 06.26.24 |
|       | M55 | 4:25.70    | DAVID GUSS       | 60  | 58  | KRCC | Kelowna, BC       | 06.30.19 |
|       | M60 | 4:33.19    | MARK PINCKARD    | 60  | 61  | OATF | Tampere, FIN      | 07.07.22 |
|       | M65 | 4:53.08    | MARK PINCKARD    | 60  | 65  | OATF | Nanaimo, BC       | 05.24.25 |
|       | M70 | 5:20.57    | HERB PHILLIPS    | 40  | 70  | UNBC | Sacramento, CA    | 07.25.10 |
|       | M75 | 5:56.11    | HERB PHILLIPS    | 40  | 75  | UNBC | Burnaby, BC       | 08.28.15 |
|       | M80 | 6:28.10    | PAT HARTON       | 41  | 81  | UNBC | Victoria, BC      | 09.15.22 |
|       | M85 | 7:59.56    | MAURICE TARRANT  | 30  | 85  | UNBC | Victoria, BC      | 06.16.15 |
|       | M90 | 10:27.28   | HARRY THOMPSON   | 22  | 90  | UNBC | Kamloops, BC      | 05.18.13 |
| MILE  | AGE | RECORD     | ATHLETE          | YOB | AGE | CLUB | LOCATION          | DATE     |
|       | M35 | 4:14.7(h)  | BARRY ADAMS      | 42  | 39  | UNBC | Vancouver, BC     | 08.08.81 |
|       | M40 | 4:15.85    | GRAEME FELL      | 59  | 41  | KJAK | San Francisco, CA | 10.29.00 |
|       | M45 | 4:38.46    | MIKE CREERY      | 48  | 45  | UNBC | Port Alberni, BC  | 06.02.93 |
|       | M50 | 4:35.89    | COLIN DIGNUM     | 66  | 50  | UNBC | Eugene, OR        | 06.12.16 |
|       | M55 | 4:50.34    | DAVID GUSS       | 60  | 58  | KRCC | Kelowna, BC       | 05.14.19 |
|       | M60 | 4:54.90    | DAVID GUSS       | 60  | 60  | KRCC | Kelowna, BC       | 08.07.21 |
|       | M65 | 5:29.0     | HERB PHILLIPS    | 40  | 65  | UNBC | Burnaby, BC       | 08.09.05 |
|       | M70 | 5:48.6 (h) | HERB PHILLIPS    | 40  | 70  | UNBC | Victoria, BC      | 07.17.10 |
|       | M75 | 6:57.4     | HUGH CLIFFORD    | 07  | 78  | UNBC | Burnaby, BC       | 06.18.85 |
|       | M80 | 7:15.0 (h) | MAURICE TARRANT  | 30  | 80  | UNBC | Victoria, BC      | 07.17.10 |
| 3000M | AGE | RECORD     | ATHLETE          | YOB | AGE | CLUB | LOCATION          | DATE     |
|       | M35 | 8:09.27    | GRAEME FELL      | 59  | 39  | KJAK | Richmond, BC      | 05.23.98 |
|       | M40 | 8:45.4(h)  | MIKE CREERY      | 48  | 40  | UNBC | Victoria, BC      | 05.06.88 |
|       | M45 | 8:56.62    | ROB LONERGAN     | 59  | 47  | UNBC | Burnaby, BC       | 07.11.06 |
|       | M50 | 9:16.10    | CRAIG MACLEAN    | 71  | 53  | UNBC | Coquitlam, BC     | 08.17.25 |
|       | M55 | 9:44.20    | DAVID GUSS       | 60  | 57  | KRCC | Langley, BC       | 06.16.18 |
|       | M60 | 9:52.30    | DAVID GUSS       | 60  | 60  | KRCC | Surrey, BC        | 08.22.21 |
|       | M65 | 10:36.2(h) | MAURICE TARRANT  | 30  | 65  | UNBC | Victoria, BC      | 05.07.95 |
|       | M70 | 11:11.88   | HERB PHILLIPS    | 40  | 70  | UNBC | Burnaby, BC       | 07.27.10 |
|       | M75 | 12:19.17   | MAURICE TARRANT  | 30  | 75  | UNBC | Victoria, BC      | 05.15.05 |

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| 3000M cont. | AGE | RECORD      | ATHLETE                 | YOB | AGE | CLUB | LOCATION         | DATE     |
|-------------|-----|-------------|-------------------------|-----|-----|------|------------------|----------|
|             | M80 | 14:07.0(h)  | MAURICE TARRANT         | 30  | 80  | UNBC | Victoria, BC     | 05.15.10 |
|             | M85 | 17:01.99    | MAURICE TARRANT         | 30  | 85  | UNBC | Victoria, BC     | 05.30.15 |
|             | M90 | 22:08.45    | HARRY THOMPSON          | 22  | 91  | UNBC | Kelowna, BC      | 06.28.14 |
| 5000M       | AGE | RECORD      | ATHLETE                 | YOB | AGE | CLUB | LOCATION         | DATE     |
|             | M35 | 14:01.54    | PAUL WILLIAMS           | 56  | 35  | UNBC | Portland, OR     | 05.24.92 |
|             | M40 | 14:47.2(h)  | MIKE CREERY             | 48  | 40  | UNBC | (researching...) | 05.28.88 |
|             | M45 | 15:22.4 (h) | COLIN DIGNUM            | 66  | 45  | UNBC | Victoria, BC     | 06.19.11 |
|             | M50 | 15:49.60    | COLIN DIGNUM            | 66  | 50  | UNBC | Bellingham, WA   | 04.30.16 |
|             | M55 | 16:30.97    | DAVID GUSS              | 60  | 58  | KRCC | Kelowna, BC      | 06.29.19 |
|             | M60 | 17:10.99    | DAVID GUSS              | 60  | 60  | KRCC | Kelowna, BC      | 10.20.21 |
|             | M65 | 18:30.06    | HERB PHILLIPS           | 40  | 66  | UNBC | Burnaby, BC      | 07.25.06 |
|             | M70 | 19:29.08    | HERB PHILLIPS           | 40  | 70  | UNBC | Sacramento, CA   | 07.22.10 |
|             | M75 | 20:51.35    | HERB PHILLIPS           | 40  | 75  | UNBC | Burnaby, BC      | 08.26.15 |
|             | M80 | 24:16.4(h)  | MAURICE TARRANT         | 30  | 80  | UNBC | Victoria, BC     | 08.21.10 |
|             | M85 | 30:12.55    | MAURICE TARRANT         | 30  | 85  | UNBC | Burnaby, BC      | 08.26.15 |
|             | M90 | 52:49.87    | LES LEYLAND             | 17  | 90  | UNBC | Riccione, ITA    | 09.07.07 |
| 10000M      | AGE | RECORD      | ATHLETE                 | YOB | AGE | CLUB | LOCATION         | DATE     |
|             | M35 | 29:01.67    | PAUL WILLIAMS           | 59  | 35  | UNBC | Barcelona, ESP   | 07.31.92 |
|             | M40 | 31:03.64    | JIM FINLAYSON           | 75  | 41  | UNBC | Victoria, BC     | 06.07.14 |
|             | M45 | 31:55.92    | BRUCE DEACON            | 66  | 46  | PIHR | Victoria, BC     | 08.31.13 |
|             | M50 | 34:18.01    | HERB PHILLIPS           | 40  | 51  | UNBC | Richmond, BC     | 07.03.92 |
|             | M55 | 35:19.0(h)  | HERB PHILLIPS           | 40  | 57  | UNBC | Burnaby, BC      | 07.22.97 |
|             | M60 | 35:50.3(h)  | DAVID GUSS              | 60  | 60  | KRCC | Vancouver, BC    | 10.02.21 |
|             | M65 | 38:31.84    | MAURICE TARRANT         | 40  | 66  | UNBC | Victoria, BC     | 08.09.96 |
|             | M70 | 40:02.31    | HERB PHILLIPS           | 40  | 70  | UNBC | Sacramento, CA   | 07.24.10 |
|             | M75 | 47:39.7(h)  | HUGH CLIFFORD           | 07  | 75  | UNBC | Richmond, BC     | 08.22.81 |
|             | M80 | 55:42.19    | LES LEYLAND             | 17  | 80  | UNBC | Durban, RSA      | 07.19.97 |
| 80H         | AGE | RECORD      | ATHLETE                 | YOB | AGE | CLUB | LOCATION         | DATE     |
|             | M70 | 0.76m 15.23 | (0.0) REIDAR ZAPF-GILJE | 51  | 70  | GREY | Surrey, BC       | 08.13.22 |
|             | M75 | 0.76m 17.62 | (-0.8) HARDEV SANDHU    | 49  | 75  | GREY | Coquitlam, BC    | 08.04.24 |
|             | M80 | 0.76m 18.58 | (-0.4) LYNN THOMPSON    | 39  | 80  | UNBC | Kelowna, BC      | 09.14.19 |
|             | M85 | 0.76m 20.21 | (-0.8) LYNN THOMPSON    | 39  | 85  | UNBC | Coquitlam, BC    | 08.04.24 |
| 100H        | AGE | RECORD      | ATHLETE                 | YOB | AGE | CLUB | LOCATION         | DATE     |
|             | M50 | 0.91m 14.70 | (0.9) LUIZ BALCERS      | 73  | 50  | GREY | Burnaby, BC      | 07.07.24 |
|             | M55 | 0.91m 16.69 | (1.3) WARREN HAMILL     | 46  | 56  | UNBC | Toronto, ON      | 07.13.02 |
|             | M60 | 0.84m 17.24 | (-2.3) WARREN HAMILL    | 46  | 60  | UNBC | Langley, BC      | 06.17.06 |
|             | M65 | 0.84m 17.80 | (1.1) REIDAR ZAPF-GILJE | 51  | 65  | GREY | Burnaby, BC      | 07.08.17 |
| 110H        | AGE | RECORD      | ATHLETE                 | YOB | AGE | CLUB | LOCATION         | DATE     |
|             | M35 | 0.99m 14.92 | (0.6) DOUG MCLAREN      | 76  | 36  | UNBC | Burnaby, BC      | 07.07.12 |
|             | M40 | 0.99m 15.49 | (0.0) TIM KROEKER       | 71  | 40  | UNBC | Langley, BC      | 06.18.11 |
|             | M45 | 0.99m 18.51 | (0.0) PETE PRETORIUS    | 66  | 48  | GREY | Burnaby, BC      | 07.05.14 |
| 200H        | AGE | RECORD      | ATHLETE                 | YOB | AGE | CLUB | LOCATION         | DATE     |
|             | M80 | 0.69m 40.51 | LYNN THOMPSON           | 39  | 80  | UNBC | Kelowna, BC      | 09.11.19 |
|             | M85 | 0.69m 47.44 | (-0.2) LYNN THOMPSON    | 39  | 86  | UNBC | Coquitlam, BC    | 08.17.25 |

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| 300H    | AGE |        | RECORD     | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|---------|-----|--------|------------|-------------------|-----|-----|------|-------------------|----------|
|         | M60 | 0-.76m | 45.33      | HAROLD MORIOKA    | 43  | 60  | GREY | Carolina, PUR     | 07.05.03 |
|         | M65 | 0.76m  | 50.02      | JESS BREWER       | 46  | 65  | NTFC | Sacramento, CA    | 07.11.11 |
|         | M70 | 0.69m  | 54.15      | HAROLD MORIOKA    | 43  | 70  | GREY | Kamloops, BC      | 05.18.13 |
|         | M75 | 0.69m  | 55.87      | ANDY AADMI        | 35  | 75  | UNBC | Sacramento, CA    | 07.11.11 |
| 400H    | AGE |        | RECORD     | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|         | M35 | 0.91m  | 1:10.24    | TREVOR WIGHT      | 74  | 35  | VRTC | Kamloops, BC      | 07.19.09 |
|         | M40 | 0.91m  | 57.3(h)    | HAROLD MORIOKA    | 43  | 41  | GREY | Burnaby, BC       | 07.11.84 |
|         | M45 | 0.91m  | 59.33      | HAROLD MORIOKA    | 43  | 45  | GREY | Orlando, FL       | 08.04.88 |
|         | M50 | 0.84m  | 58.82      | HAROLD MORIOKA    | 43  | 51  | GREY | Eugene, OR        | 08.13.94 |
|         | M55 | 0.84m  | 1:03.03    | HAROLD MORIOKA    | 43  | 57  | GREY | Kamloops, BC      | 08.19.00 |
| 2000SC  | AGE |        | RECORD     | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|         | M60 |        | 7:08.81    | DAVID GUSS        | 60  | 60  | KRCC | Surrey, BC        | 08.22.21 |
|         | M65 |        | 7:52.04    | REIDAR ZAPF-GILJE | 51  | 65  | GREY | Burnaby, BC       | 07.08.17 |
|         | M70 |        | 8:54.20    | REIDAR ZAPF-GILJE | 51  | 71  | GREY | Langley, BC       | 08.12.23 |
|         | M75 |        | 13:21.07   | ARTHUR GEE        | 44  | 77  | GREY | Surrey, BC        | 08.22.21 |
|         | M80 |        | 15:52.88   | ARTHUR GEE        | 44  | 80  | GREY | Burnaby, BC       | 07.07.24 |
| 3000SC  | AGE |        | RECORD     | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|         | M35 |        | 8:24.74    | GRAEME FELL       | 59  | 36  | KJAK | Gothenburg, SWE   | 08.09.95 |
|         | M40 |        | 9:56.0(h)  | DON TRETHEWEY     | 37  | 42  | UNBC | Burnaby, BC       | 07.07.79 |
|         | M45 |        | 10:15.7(h) | DON TRETHEWEY     | 37  | 45  | UNBC | Ottawa, ON        | 08.15.82 |
|         | M50 |        | 11:24.20   | DAVE CRESSMAN     | 68  | 50  | UNBC | Coquitlam, BC     | 06.08.19 |
|         | M55 |        | 11:32.12   | DAVID GUSS        | 60  | 57  | KRCC | Kelowna, BC       | 06.29.18 |
| 1500RW  | AGE |        | RECORD     | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|         | M35 |        | 6:44.70    | HEATH SEMENIUK    | 87  | 35  | UNBC | Langley, BC       | 08.12.23 |
|         | M40 |        | 6:13.49    | DMITRY BABENKO    | 73  | 44  | UNBC | Toronto, ON       | 08.12.17 |
|         | M45 |        | 6:18.02    | DMITRY BABENKO    | 73  | 45  | UNBC | Surrey, BC        | 08.04.18 |
|         | M50 |        | 6:28.95    | DMITRY BABENKO    | 73  | 51  | UNBC | Cleveland, OH     | 07.15.24 |
|         | M55 |        | 7:12.98    | GERALD DRAGOMIR   | 51  | 57  | WALK | Kamloops, BC      | 07.18.09 |
|         | M60 |        | 9:56.18    | BOB CURRIE        | 52  | 64  | UNBC | Vernon, BC        | 09.14.17 |
|         | M65 |        | 9:43.03    | JIM JOHNSON       | 50  | 68  | UNBC | Cranbrook, BC     | 09.14.18 |
|         | M70 |        | 10:04.12   | BOB CURRIE        | 52  | 71  | UNBC | Tumwater, WA      | 07.27.24 |
|         | M75 |        | 10:25.35   | ALAN VYSE         | 42  | 76  | UNBC | Cranbrook, BC     | 09.14.18 |
|         | M80 |        | 10:09.16   | ERNEST KURTZ      | 43  | 81  | UNBC | Burnaby, BC       | 07.06.24 |
|         | M85 |        | 13:24.81   | HUGO HESS         | 30  | 88  | UNBC | Cranbrook, BC     | 09.14.18 |
| MILE RW | AGE |        | RECORD     | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|         | M40 |        | 6:35.15    | DMITRY BABENKO    | 73  | 44  | UNBC | Coquitlam, BC     | 06.28.17 |
|         | M45 |        | 7:01.70    | DMITRY BABENKO    | 73  | 47  | UNBC | Surrey, BC        | 09.12.20 |
|         | M50 |        | 6:56.30    | DMITRY BABENKO    | 73  | 51  | UNBC | W. Long Beach, NJ | 06.02.24 |
| 3000RW  | AGE |        | RECORD     | ATHLETE           | YOB | AGE | CLUB | LOCATION          | DATE     |
|         | M35 |        | 13:49.52   | DMITRY BABENKO    | 73  | 39  | UNBC | Langley, BC       | 06.15.12 |
|         | M40 |        | 12:57.03   | DMITRY BABENKO    | 73  | 44  | UNBC | Langley, BC       | 06.16.17 |
|         | M45 |        | 12:58.99   | DMITRY BABENKO    | 73  | 45  | UNBC | Langley, BC       | 06.16.18 |
|         | M50 |        | 13:35.12   | DMITRY BABENKO    | 73  | 51  | UNBC | Cleveland, OH     | 07.17.24 |
|         | M60 |        | 16:11.89   | GERRY DRAGOMIR    | 51  | 60  | WALK | Langley, BC       | 06.15.12 |



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| 3000RW cont. | AGE | RECORD   | ATHLETE                                                                               | YOB | AGE | CLUB | LOCATION         | DATE     |
|--------------|-----|----------|---------------------------------------------------------------------------------------|-----|-----|------|------------------|----------|
|              | M65 | 21:13.38 | HARNEK TOOR                                                                           | 46  | 68  | ULTR | Kelowna, BC      | 06.27.14 |
|              | M70 | 20:39.30 | JIM DYER                                                                              | 42  | 72  | GREY | Langley, BC      | 06.19.15 |
|              | M75 | 27:22.35 | MAC MCNAIR                                                                            | 36  | 79  | UNBC | Langley, BC      | 06.19.15 |
|              | M80 | 21:06.88 | DON CURRIE                                                                            | 34  | 80  | UNBC | Kelowna, BC      | 06.27.14 |
| 5000RW       | AGE | RECORD   | ATHLETE                                                                               | YOB | AGE | CLUB | LOCATION         | DATE     |
|              | M35 | 25:25.04 | HEATH SEMENIUK                                                                        | 87  | 35  | UNBC | Langley, BC      | 08.13.23 |
|              | M40 | 22:15.37 | DMITRY BABENKO                                                                        | 73  | 43  | UNBC | Perth, AUS       | 10.26.16 |
|              | M45 | 22:39.18 | DMITRY BABENKO                                                                        | 73  | 45  | UNBC | Surrey, BC       | 08.05.18 |
|              | M50 | 22:54.92 | DMITRY BABENKO                                                                        | 73  | 51  | UNBC | Philadelphia, PA | 04.27.24 |
|              | M55 | 26:35.93 | GERRY DRAGOMIR                                                                        | 51  | 57  | WALK | Kamloops, BC     | 07.19.09 |
|              | M70 | 35:23.79 | BOB CURRIE                                                                            | 52  | 71  | UNBC | Tumwater, BC     | 07.27.24 |
|              | M80 | 35:24.05 | ERNIE KURTZ                                                                           | 43  | 81  | UNBC | Gothenburg, SWE  | 08.20.24 |
|              | M85 | 42:57.89 | CLAUDE BELL                                                                           | 18  | 86  | UNBC | Calgary, AB      | 07.18.04 |
| 10000RW      | AGE | RECORD   | ATHLETE                                                                               | YOB | AGE | CLUB | LOCATION         | DATE     |
|              | M35 | 51:08.84 | HEATH SEMENIUK                                                                        | 87  | 36  | UNBC | Coquitlam, BC    | 05.11.24 |
|              | M40 | 46:10.63 | DMITRY BABENKO                                                                        | 73  | 44  | UNBC | Coquitlam, BC    | 07.16.17 |
|              | M50 | 47:54.55 | DMITRY BABENKO                                                                        | 73  | 51  | UNBC | Coquitlam, BC    | 05.11.24 |
| 4 x 100M     | AGE | RECORD   | TEAM                                                                                  |     |     | CLUB | LOCATION         | DATE     |
|              | M35 | 44.90    | BRIAN CARNATE (39), MARVIN JOHNSON (43)<br>LUKE WANG (45), STEVE COLBERT (52)         |     |     | UNBC | Burnaby, BC      | 07.09.17 |
|              | M40 | 45.93    | BRIAN CARNATE (40), MARVIN JOHNSON (44)<br>CHARLES OAMEN (44), JAY GUZMAN (44)        |     |     | UNBC | Surrey, BC       | 08.03.18 |
|              | M45 | 47.31    | BRIAN CARNATE (45), MARVIN JOHNSON (49)<br>JAY GUZMAN (49), ERIC KOUWENHOVEN (46)     |     |     | UNBC | Langley, BC      | 08.12.23 |
|              | M50 | 49.47    | DEREK PREVOST (56), SHAWN NOURAEI (50)<br>STEVE COLBERT (56), PAUL TSHINYAMA (51)     |     |     | UNBC | Surrey, BC       | 08.21.21 |
|              | M55 | 50.49    | HERB GEE (61), TONY BADOWSKI (59)<br>LEE SOUTHERN (57), HAROLD MORIOKA (59)           |     |     | UNBC | Langley, BC      | 06.16.02 |
|              | M60 | 53.03    | HERB GEE (60), LARRY FORSEILLE (64)<br>LES FRIESEN (64), DOUG FRASER (63)             |     |     | UNBC | Burnaby, BC      | 07.08.01 |
|              | M65 | 54.17    | TONY BADOWSKI (67), LEE SOUTHERN (65)<br>HAROLD MORIOKA (67), TUOMAS UKONMAANAHO (65) |     |     | UNBC | Langley, BC      | 06.20.10 |
|              | M70 | 58.33    | TONY BLENMAN (71), FRANCISCO MACHADO (71)<br>HAROLD MORIOKA (74), SEWA BIRRING (71)   |     |     | UNBC | Vernon, BC       | 09.15.17 |
|              | M75 | 1:03.17  | DAVE MUNRO (76), HAROLD MORIOKA (75)<br>SURINDER SHAH (75), DAVID MCGRAW (75)         |     |     | UNBC | Surrey, BC       | 08.04.18 |
|              | M80 | 1:14.61  | LES ROBSON (83), ISAAC THIESSEN (81)<br>NORM LESAGE (80), ADRIAN MEEUWISSEN (80)      |     |     | UNBC | Courtenay, BC    | 09.16.10 |
|              | M85 | 1:42.81  | RON HUCKERBY (88), SCOT HENNEY (92)<br>ISSAC THIESSEN (88), JOE GIEGERICH (85)        |     |     | UNBC | Vernon, BC       | 09.15.17 |
| 4 x 400M     | AGE | RECORD   | TEAM                                                                                  |     |     | CLUB | LOCATION         | DATE     |
|              | M35 | 4:10.97  | WILL HARROWER (52), STEPHEN JOYCE (62)<br>UMBERTO SODA (38), AARON HOLMGREN (41)      |     |     | UNBC | Kelowna, BC      | 06.30.24 |
|              | M40 | 3:50.19  | GARY KUNO (42), DAVID PROVO (40)<br>BOB CHENG (43), PETER FREEMAN (51)                |     |     | UNBC | Richmond, BC     | 08.17.03 |

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| 4 x 400M cont. | AGE | RECORD    | TEAM                                                                                     | CLUB | LOCATION      | DATE     |
|----------------|-----|-----------|------------------------------------------------------------------------------------------|------|---------------|----------|
|                | M45 | 3:47.35   | SAM WALKER (52), ERIK HURLEN (46)<br>JEFF VOGT (45), IAN SHARP (45)                      | UNBC | Kelowna, BC   | 06.30.24 |
|                | M50 | 4:11.46   | ALEX GALO (50), ALVARO GALO (51)<br>MARK PHILLIPS (51), MARK PINCKARD (56)               | UNBC | Surrey, BC    | 07.05.16 |
|                | M55 | 4:05.2(h) | TONY BADOWSKI (59), JESS BREWER (56)<br>BARRY MEIER (57), HAROLD MORIOKA (59)            | UNBC | Richmond, BC  | 04.13.02 |
|                | M60 | 4:38.90   | DAVID WALL (62), BRENT DAVY (63)<br>TOM UKONMAANAHO (73), REIDAR ZAPF-GILJE (66)         | UNBC | Surrey, BC    | 08.05.18 |
|                | M65 | 4:37.32   | FRANCISCO MACHADO (71), HARDEV SANDHU (68)<br>BARRY SPARKES (66), REIDAR ZAPF-GILJE (65) | UNBC | Vernon, BC    | 09.16.17 |
|                | M70 | 4:53.44   | TOM UKONMAANAHO (71), SEWA BIRRING (70)<br>JESS BREWER (70), MARK STEWART (72)           | UNBC | Vancouver, BC | 08.30.16 |
|                | M75 | 5:17.10   | TOM UKONMAANAHO (77), FRED PAWLUK (75)<br>MARK STEWART (78), TERRY RIGGINS (75)          | UNBC | Victoria, BC  | 09.17.22 |
|                | M80 | 8:19.69   | WOLFGANG HEINZMANN (81), BRUCE BUTCHER (83)<br>GEORGE SENNEWALD (80), KARL MEY (81)      | UNBC | Vernon, BC    | 09.15.17 |

| 4 x 800M | AGE | RECORD   | TEAM                                                                            | CLUB | LOCATION     | DATE     |
|----------|-----|----------|---------------------------------------------------------------------------------|------|--------------|----------|
|          | M35 | 9:22.65  | DAVID GUSS (62), JORDAN VAN BESOUW (39)<br>JEFF VOGT (44), IAN SHARP (44)       | UNBC | Kelowna, BC  | 10.12.23 |
|          | M45 | 8:56.95  | PETER SINCLAIR (47), LIAM WATSON (47)<br>ERIK HURLEN (46), PAUL KLAN (45)       | UNBC | Nanaimo, BC  | 05.26.24 |
|          | M50 | 9:24.47  | KEVIN SEARLE (50), GARTH CAMPBELL (51)<br>PETER HOLMES (50), MARK PINCKARD (51) | UNBC | Victoria, BC | 05.14.11 |
|          | M55 | 10:15.12 | KEITH WAKELIN (57), WAYNE CROWE (60)<br>MICHAEL LAX (59), DANNY KEYES (55)      | UNBC | Victoria, BC | 07.23.16 |
|          | M60 | 10:37.46 | PAUL REIMER (66), DOUG HENDERSON (64)<br>BRENT SCOTT (65), DAVID GUSS (60)      | UNBC | Surrey, BC   | 08.21.21 |
|          | M70 | 12:25.94 | FRED PAWLUK (74), MARK STEWART (77)<br>TERRY RIGGINS (74), PIARA BHULLAR (75)   | UNBC | Surrey, BC   | 08.21.21 |
|          | M75 | 12:27.30 | BARRIE DARGIE (77), MARK STEWART (77)<br>PAT HARTON (79), PIARA BHULLAR (75)    | UNBC | Surrey, BC   | 08.08.21 |

## JUMPING EVENTS

| LONG JUMP | AGE | RECORD | ATHLETE                       | YOB | AGE | CLUB | LOCATION          | DATE     |
|-----------|-----|--------|-------------------------------|-----|-----|------|-------------------|----------|
|           | M35 | 6.15   | (0.0) DWIGHT LIBURD           | 83  | 36  | KAML | Kamloops, BC      | 05.04.19 |
|           | M40 | 6.48   | JIM BISSENDEN                 | 58  | 42  | NTFC | Kamloops, BC      | 08.19.00 |
|           | M45 | 6.18   | ROGER RUTH                    | 28  | 45  | UNBC | Victoria, BC      | 09.16.73 |
|           | M50 | 5.48   | ROGER RUTH                    | 28  | 50  | UNBC | Richmond, BC      | 07.01.78 |
|           | M55 | 5.37   | (-0.4) JOHN HAWKINS           | 49  | 57  | UNBC | Langley, BC       | 06.17.06 |
|           | M60 | 5.13   | (1.6) JOHN HAWKINS            | 49  | 61  | UNBC | Joplin, MO        | 06.19.10 |
|           | M65 | 4.81   | (1.9) TONY BADOWSKI           | 42  | 65  | UNBC | Prince George, BC | 09.11.08 |
|           | M70 | 4.18   | (1.1) REIDAR ZAPF-GILJE       | 51  | 72  | GREY | Göteborg, SWE     | 08.17.24 |
|           | M75 | 4.14   | (0.6) ADRIAN MEEUWISSEN       | 30  | 75  | UNBC | Duncan, BC        | 08.25.05 |
|           | M80 | 3.55   | (0.0) LARRY (GORDON) CHALMERS | 29  | 80  | UNBC | Sydney, AUS       | 10.12.09 |
|           | M85 | 3.24   | (1.1) LYNN THOMPSON           | 39  | 86  | UNBC | Duncan, BC        | 06.14.25 |
|           | M90 | 2.09   | (0.0) JOE GIEGERICH           | 32  | 90  | NTFC | Surrey, BC        | 08.13.22 |

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| TRIPLE JUMP | AGE | RECORD | ATHLETE                 | YOB | AGE | CLUB | LOCATION       | DATE     |
|-------------|-----|--------|-------------------------|-----|-----|------|----------------|----------|
|             | M35 | 12.13  | (0.7) DWIGHT LIBURD     | 83  | 36  | KAML | Toronto, ON    | 07.21.19 |
|             | M40 | 13.03  | ROGER RUTH              | 28  | 43  | UNBC | Victoria, BC   | 09.26.71 |
|             | M45 | 12.70  | (0.7) HUGH MAGUIRE      | 63  | 46  | UNBC | Sacramento, CA | 07.25.10 |
|             | M50 | 12.94  | (-0.6) HUGH MAGUIRE     | 63  | 50  | UNBC | Turin, ITA     | 08.08.13 |
|             | M55 | 11.05  | (-1.7) WARREN HAMILL    | 46  | 56  | UNBC | Toronto, ON    | 07.14.02 |
|             | M60 | 9.98   | (1.8) REIDAR ZAPF-GILJE | 51  | 63  | GREY | Burnaby, BC    | 08.26.15 |
|             | M65 | 9.51   | (0.0) EDWIN LIU         | 56  | 65  | GREY | Victoria, BC   | 09.16.22 |
|             | M70 | 8.60   | (0.8) REIDAR ZAPF-GILJE | 51  | 70  | GREY | Regina, SK     | 07.31.22 |
|             | M75 | 7.74   | (-1.6) LYNN THOMPSON    | 39  | 78  | UNBC | Duncan, BC     | 06.09.18 |
|             | M75 | 8.09   | (nwi) ADRIAN MEEUWISSEN | 30  | 75  | UNBC | Duncan, BC     | 08.26.05 |
|             | M80 | 7.31   | (1.4) LYNN THOMPSON     | 39  | 83  | UNBC | Duncan, BC     | 06.04.23 |
|             | M85 | 7.00   | (1.0) LYNN THOMPSON     | 39  | 86  | UNBC | Nanaimo, BC    | 09.12.25 |
|             | M90 | 4.63   | (0.2) JOE GIEGERICH     | 32  | 90  | NTFC | Regina, SK     | 07.31.22 |

| HIGH JUMP | AGE | RECORD | ATHLETE           | YOB | AGE | CLUB | LOCATION        | DATE     |
|-----------|-----|--------|-------------------|-----|-----|------|-----------------|----------|
|           | M35 | 1.90 T | JOHN HAWKINS      | 59  | 35  | UNBC | Richmond, BC    | 07.05.84 |
|           | M35 | 1.90 T | KEVIN HARRISON    | 66  | 39  | LANG | Abbotsford, BC  | 06.26.05 |
|           | M40 | 1.90   | JOHN HAWKINS      | 59  | 42  | UNBC | Oshawa, ON      | 06.08.91 |
|           | M45 | 1.85   | JOHN HAWKINS      | 59  | 47  | UNBC | Spokane, WA     | 08.17.06 |
|           | M50 | 1.77   | JOHN HAWKINS      | 59  | 50  | UNBC | Gateshead, GBR  | 08.29.99 |
|           | M55 | 1.78   | JOHN HAWKINS      | 59  | 55  | UNBC | Carthage, MO    | 08.21.04 |
|           | M60 | 1.70   | JOHN HAWKINS      | 59  | 61  | UNBC | Joplin, MO      | 06.19.10 |
|           | M65 | 1.50   | JOHN HAWKINS      | 59  | 66  | UNBC | Burnaby, BC     | 08.28.15 |
|           | M70 | 1.39   | REIDAR ZAPF-GILJE | 39  | 70  | GREY | Surrey, BC      | 08.27.22 |
|           | M75 | 1.25   | LES EAST          | 39  | 75  | PTFC | Langley, BC     | 09.13.14 |
|           | M80 | 1.15 T | KEITH TAYLOR      | 33  | 80  | UNBC | Kamloops, BC    | 08.23.13 |
|           | M80 | 1.15 T | KARL MEY          | 36  | 82  | GREY | Ste-Therese, QC | 07.05.19 |
|           | M85 | 1.11   | KEITH TAYLOR      | 33  | 86  | UNBC | Kelowna, BC     | 09.14.19 |
|           | M90 | 0.85   | JOE GIEGERICH     | 32  | 90  | NTFC | Regina, SK      | 07.31.22 |

| POLE VAULT | AGE | RECORD | ATHLETE            | YOB | AGE | CLUB | LOCATION          | DATE     |
|------------|-----|--------|--------------------|-----|-----|------|-------------------|----------|
|            | M35 | 4.55   | OWEN CLEMENTS      | 65  | 36  | AVIC | Victoria, BC      | 06.24.01 |
|            | M40 | 4.60   | ROGER RUTH         | 28  | 44  | UNBC | Goteborg, SWE     | 09.07.72 |
|            | M45 | 4.57   | ROGER RUTH         | 28  | 45  | UNBC | Seattle, WA       | 07.21.73 |
|            | M50 | 3.96   | ROGER RUTH         | 28  | 50  | UNBC | Victoria, BC      | 09.09.78 |
|            | M55 | 3.81   | JOHN HAWKINS       | 59  | 55  | UNBC | Santa Barbara, CA | 10.02.04 |
|            | M60 | 3.70   | WARREN HAMILL      | 46  | 60  | UNBC | Duncan, BC        | 06.25.06 |
|            | M65 | 2.80 T | JOHN HAWKINS       | 59  | 66  | UNBC | Burnaby, BC       | 08.27.15 |
|            | M65 | 2.80 T | BILL FISHER        | 53  | 65  | TBIR | Surrey, BC        | 08.05.18 |
|            | M70 | 2.65   | GERARD DUMAS       | 35  | 70  | UNBC | Victoria, BC      | 05.05.05 |
|            | M75 | 2.35   | TUOMAS UKONMAANAHO | 44  | 77  | PGTF | Regina, SK        | 07.30.22 |
|            | M80 | 2.28   | TUOMAS UKONMAANAHO | 44  | 80  | PGTF | Kelowna, BC       | 06.27.25 |
|            | M85 | 1.70   | LARRY FIEGE        | 37  | 86  | NTFC | Langley, BC       | 08.13.23 |
|            | M90 | 1.12   | JOE GIEGERICH      | 32  | 90  | NTFC | Victoria, BC      | 09.16.22 |

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## THROWING EVENTS

| SHOT PUT | AGE |       | RECORD | ATHLETE        | YOB | AGE | CLUB | LOCATION          | DATE     |
|----------|-----|-------|--------|----------------|-----|-----|------|-------------------|----------|
|          | M35 | 7.26K | 12.58  | JOHN SAARI     | 73  | 39  | UNBC | Langley, BC       | 06.16.13 |
|          | M40 | 7.26K | 13.84  | D. SMART       | --  | --  | --   | --                | --       |
|          | M45 | 7.26K | 14.32  | JOHN PAVELICH  | 25  | 48  | VOCA | San Diego, CA     | 07.05.73 |
|          | M50 | 6.00K | 14.69  | JOHN PAVELICH  | 25  | 52  | VOCA | Gothenburg, SWE   | 08.??.77 |
|          | M55 | 6.00K | 13.61  | SHANE WIEBE    | 70  | 55  | LANG | Langley, BC       | 07.20.25 |
|          | M60 | 5.00K | 13.08  | MIKE WOODWORTH | 42  | 62  | UNBC | Calgary, AB       | 07.17.04 |
|          | M65 | 5.00K | 12.54  | MICHAEL DEADY  | 53  | 65  | UNBC | Vernon, BC        | 08.25.18 |
|          | M70 | 4.00K | 14.03  | MAREK GLOWACKI | 40  | 70  | UNBC | Zielona Gora, POL | 06.18.11 |
|          | M75 | 4.00K | 12.95  | MAREK GLOWACKI | 40  | 75  | UNBC | Sopot, POL        | 09.29.15 |
|          | M80 | 3.00K | 11.93  | MAREK GLOWACKI | 40  | 80  | UNBC | Surrey, BC        | 08.21.21 |
|          | M85 | 3.00K | 10.90  | MAREK GLOWACKI | 40  | 85  | UNBC | Olsztyn, POL      | 09.21.25 |
|          | M90 | 3.00K | 7.47   | BRUCE BUTCHER  | 34  | 90  | KAML | Kamloops, BC      | 05.03.25 |
|          | M95 | 3.00K | 4.84   | JIM MURRAY     | 15  | 95  | UNBC | Courtenay, BC     | 09.15.10 |

| DISCUS THROW | AGE |       | RECORD | ATHLETE         | YOB | AGE | CLUB | LOCATION        | DATE     |
|--------------|-----|-------|--------|-----------------|-----|-----|------|-----------------|----------|
|              | M35 | 2.00K | 39.64  | JAMES O’KANE    | 75  | 36  | VAAA | Calgary, AB     | 06.03.12 |
|              | M40 | 2.00K | 44.64  | B. FLAHERTY     | --  | --  | --   | --              | ??.??.?? |
|              | M45 | 2.00K | 45.58  | JOHN PAVELICH   | 25  | 49  | VOCA | --              | ??.??.74 |
|              | M50 | 1.50K | 45.12  | JOHN PAVELICH   | 25  | 52  | VOCA | Gothenburg, SWE | 08.10.77 |
|              | M55 | 1.50K | 45.23  | DON ALLEMERSCH  | 53  | 56  | UNBC | Langley, BC     | 06.19.10 |
|              | M60 | 1.00K | 49.07  | MIKE WOODWORTH  | 42  | 62  | UNBC | Calgary, AB     | 07.18.04 |
|              | M65 | 1.00K | 47.28  | JOHANNES PETERS | 54  | 65  | UNBC | Bunbury, AUS    | 10.12.19 |
|              | M70 | 1.00K | 44.50  | MICHAEL DEADY   | 53  | 70  | UNBC | Langley, BC     | 08.12.23 |
|              | M75 | 1.00K | 39.94  | MAREK GLOWACKI  | 40  | 75  | UNBC | Sopot, POL      | 09.29.15 |
|              | M80 | 1.00K | 30.41  | MAREK GLOWACKI  | 40  | 80  | UNBC | Vernon, BC      | 09.19.20 |
|              | M85 | 1.00K | 23.07  | MAREK GLOWACKI  | 40  | 85  | UNBC | Olsztyn, POL    | 09.21.25 |
|              | M90 | 1.00K | 19.81  | BRUCE BUTCHER   | 34  | 90  | KAML | Kelowna, BC     | 10.10.24 |
|              | M95 | 1.00K | 14.06  | JIM MURRAY      | 15  | 95  | UNBC | Courtenay, BC   | 09.16.10 |

| HAMMER THROW | AGE |       | RECORD | ATHLETE        | YOB | AGE | CLUB | LOCATION       | DATE     |
|--------------|-----|-------|--------|----------------|-----|-----|------|----------------|----------|
|              | M35 | 7.26K | 36.01  | WINSTON GILES  | 74  | 39  | UNBC | Langley, BC    | 06.14.13 |
|              | M40 | 7.26K | 55.12  | MIKE CAIRNS    | 42  | 40  | UNBC | Richmond, BC   | 05.28.83 |
|              | M45 | 7.26K | 52.13  | GLENN MCATEE   | 72  | 45  | UNBC | Columbia, SC   | 03.24.17 |
|              | M50 | 6.00K | 47.83  | MIKE DUFFALA   | 55  | 54  | UNBC | Courtenay, BC  | 06.26.10 |
|              | M55 | 6.00K | 43.92  | CORY HOLLY     | 57  | 59  | VAAA | Vernon, BC     | 09.12.17 |
|              | M60 | 5.00K | 48.60  | MICHAEL HOUSER | 58  | 61  | UNBC | Vernon, BC     | 08.24.19 |
|              | M65 | 5.00K | 43.51  | CORY HOLLY     | 57  | 65  | VAAA | Kelowna, BC    | 10.12.23 |
|              | M70 | 4.00K | 42.74  | MAREK GLOWACKI | 50  | 70  | UNBC | Sacramento, CA | 07.16.11 |
|              | M75 | 4.00K | 37.56  | HARNEK TOOR    | 46  | 76  | ULTR | Surrey, BC     | 08.27.22 |
|              | M80 | 3.00K | 36.62  | MAREK GLOWACKI | 40  | 80  | UNBC | Vernon, BC     | 08.28.21 |
|              | M85 | 3.00K | 31.07  | MAREK GLOWACKI | 40  | 85  | UNBC | Olsztyn, POL   | 09.21.25 |
|              | M90 | 3.00K | 21.27  | BRUCE BUTCHER  | 34  | 90  | KAML | Kelowna, BC    | 06.19.25 |
|              | M95 | 3.00K | 13.40  | JIM MURRAY     | 15  | 95  | UNBC | Langley, BC    | 06.18.10 |



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| JAVELIN THROW | AGE |      | RECORD | ATHLETE            | YOB | AGE | CLUB | LOCATION         | DATE     |
|---------------|-----|------|--------|--------------------|-----|-----|------|------------------|----------|
|               | M35 | 800G | 72.50  | GRAHAM MORFITT     | 67  | 36  | CXVC | Port Alberni, BC | 05.09.03 |
|               | M40 | 800G | 68.14  | ERIN BEVANS        | 70  | 40  | UNBC | Courtenay, BC    | 06.18.11 |
|               | M45 | 800G | 60.42  | GRAHAM MORFITT     | 67  | 47  | CXVC | Duncan, BC       | 06.08.14 |
|               | M50 | 700G | 63.39  | GRAHAM MORFITT     | 67  | 50  | CXVC | Courtenay, BC    | 06.24.17 |
|               | M55 | 700G | 57.93  | GRAHAM MORFITT     | 67  | 56  | CXVC | Langley, BC      | 08.13.23 |
|               | M60 | 600G | 47.42  | VICTOR NJUME       | 43  | 63  | UNBC | Abbotsford, BC   | 08.25.06 |
|               | M65 | 600G | 44.60  | VICTOR NJUME       | 43  | 67  | UNBC | Courtenay, BC    | 09.16.10 |
|               | M70 | 500G | 44.30  | VICTOR NJUME       | 43  | 70  | UNBC | Kamloops, BC     | 08.22.13 |
|               | M75 | 500G | 39.37  | VICTOR NJUME       | 43  | 75  | UNBC | Surrey, BC       | 08.05.18 |
|               | M80 | 400G | 32.37  | RAINER SILLANT AUS | 30  | 81  | UNBC | Sacramento, CA   | 07.11.11 |
|               | M85 | 400G | 20.87  | RAINER SILLANT AUS | 30  | 88  | UNBC | Surrey, BC       | 08.05.18 |
|               | M90 | 400G | 17.08  | BRUCE BUTCHER      | 34  | 90  | KAML | Coquitlam, BC    | 08.15.25 |
|               | M95 | 400G | 9.80   | JIM MURRAY         | 15  | 95  | UNBC | Langley, BC      | 06.19.10 |

| WEIGHT THROW | AGE |        | RECORD | ATHLETE           | YOB | AGE | CLUB | LOCATION                  | DATE     |
|--------------|-----|--------|--------|-------------------|-----|-----|------|---------------------------|----------|
|              | M35 | 15.88K | 12.56  | JOHN SAARI        | 73  | 39  | UNBC | Langley, BC               | 06.14.13 |
|              | M40 | 15.88K | 15.78  | GLENN MCATEE      | 72  | 43  | UNBC | Marietta,GA               | 03.06.16 |
|              | M45 | 15.88K | 12.07  | SHANE WIEBE       | 70  | 47  | UNBC | Toronto, ON               | 08.13.17 |
|              | M50 | 11.34K | 15.95  | SHANE WIEBE       | 70  | 54  | UNBC | Kamloops, BC              | 05.04.24 |
|              | M55 | 11.34K | 15.65  | SHANE WIEBE       | 70  | 55  | LANG | Kamloops, BC              | 05.03.25 |
|              | M60 | 9.07K  | 16.95  | DAVE MCDONALD     | 54  | 61  | ULTR | Surrey, BC                | 04.25.15 |
|              | M65 | 9.07K  | 16.18  | JOHANNES PETERS   | 54  | 65  | UNBC | Melbourne, AUS            | 04.29.19 |
|              | M70 | 7.26K  | 16.64  | MAREK GLOWACKI    | 50  | 70  | UNBC | Stargard Szczecinski, POL | 06.04.11 |
|              | M75 | 7.26K  | 15.74  | HARNEK TOOR       | 46  | 76  | ULTR | Surrey, BC                | 08.27.22 |
|              | M80 | 5.45K  | 15.40  | MAREK GLOWACKI    | 50  | 81  | UNBC | Puck, POL                 | 07.23.22 |
|              | M85 | 5.45K  | 11.52  | BAKHSHISH DHILLON | 38  | 85  | GREY | Abbotsford, BC            | 08.25.23 |
|              | M90 | 5.45K  | 8.86   | SCOT HENNEY       | 25  | 92  | UNBC | Surrey, BC                | 08.13.17 |
|              | M95 | 5.45K  | 5.54   | JIM MURRAY        | 15  | 95  | UNBC | Courtenay, BC             | 09.15.10 |

| SUPER WEIGHT | AGE |        | RECORD | ATHLETE         | YOB | AGE | CLUB | LOCATION       | DATE     |
|--------------|-----|--------|--------|-----------------|-----|-----|------|----------------|----------|
|              | M40 | 25.40K | 8.47   | GLENN MCATEE    | 72  | 44  | UNBC | Greenville, SC | 06.04.16 |
|              | M45 | 25.40K | 6.72   | JODY CRANSTON   | 70  | 46  | UNBC | Seattle, WA    | 07.30.16 |
|              | M50 | 25.40K | 7.59   | SHAWN STEVENS   | 72  | 52  | ULTR | Langley, BC    | 07.20.25 |
|              | M55 | 25.40K | 7.90   | SHANE WIEBE     | 70  | 55  | LANG | Langley, BC    | 07.20.25 |
|              | M60 | 19.96K | 8.19   | DAVE MCDONALD   | 54  | 61  | ULTR | Coos Bay, OR   | 04.11.15 |
|              | M65 | 19.96K | 6.96   | JOHANNES PETERS | 54  | 65  | UNBC | Langley, BC    | 05.26.19 |
|              | M70 | 15.88K | 8.25   | DAVE MCDONALD   | 54  | 70  | ULTR | Seattle, WA    | 06.01.24 |
|              | M75 | 15.88K | 8.01   | HARNEK TOOR     | 46  | 75  | ULTR | Langley, BC    | 10.10.21 |
|              | M80 | 11.34K | 8.85   | JIM DYER        | 42  | 80  | UNBC | Langley, BC    | 09.24.23 |
|              | M90 | 11.34K | 5.10   | BRUCE BUTCHER   | 34  | 90  | KAML | Coquitlam, BC  | 08.17.24 |

## COMBINED EVENTS

| THROWS PENT. | AGE |  | RECORD | ATHLETE                                                 | YOB | AGE | CLUB | LOCATION     | DATE     |
|--------------|-----|--|--------|---------------------------------------------------------|-----|-----|------|--------------|----------|
|              | M35 |  | 2578   | JOHN SAARI                                              | 73  | 39  | UNBC | Kamloops, BC | 05.17.13 |
|              |     |  |        | (29.48/368, 12.30/659, 39.17/648, 31.51/340, 11.98/563) |     |     |      |              |          |
|              | M40 |  | 3090   | GRAHAM MORFITT                                          | 67  | 42  | CXVC | Lahti, FIN   | 08.07.09 |
|              |     |  |        | (31.82/431, 10.97/619, 33.47/545, 62.59/893, 11.88/602) |     |     |      |              |          |

MENS OUTDOOR TRACK + FIELD RECORDS | MASTERS

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| TH PENT Cont. | AGE | RECORD | ATHLETE                                                                      | YOB | AGE | CLUB | LOCATION       | DATE     |
|---------------|-----|--------|------------------------------------------------------------------------------|-----|-----|------|----------------|----------|
|               | M45 | 3059   | SHANE WIEBE<br>(35.22/529, 12.28/763, 34.50/613, 40.15/ 568, 10.87/586)      | 70  | 48  | UNBC | Surrey, BC     | 08.03.18 |
|               | M50 | 3474   | SHANE WIEBE<br>(41.91/633, 13.05/794, 40.34/678, 40.46/585, 15.90/784)       | 70  | 54  | UNBC | Coquitlam, BC  | 08.03.24 |
|               | M55 | 3566   | GRAHAM MORFITT<br>(36.64/591, 10.02633, 35.04/626, 56.93/988, 13.90/728)     | 67  | 56  | CXVC | Langley, BC    | 08.11.23 |
|               | M60 | 3393   | JOHANNES PETERS<br>(41.77/686, 11.67/746, 43.86/712, 32.58/508, 15.01/741)   | 54  | 64  | UNBC | Surrey, BC     | 08.03.18 |
|               | M65 | 3922   | JOHANNES PETERS<br>(41.64/763, 11.85/838, 44.45/810, 36.99/680, 15.37/831)   | 54  | 65  | UNBC | Bunbury, AUS   | 02.23.19 |
|               | M70 | 3886   | MAREK GLOWACKI<br>(37.81/676, 13.20/925, 38.29/766, 38.09/727, 15.59/792)    | 50  | 70  | UNBC | Sacramento, CA | 07.17.11 |
|               | M75 | 3692   | MAREK GLOWACKI<br>(33.53/676, 12.14/942, 32.46/723, 28.70/602, 13.58/749)    | 50  | 75  | UNBC | Vancouver, BC  | 08.30.16 |
|               | M75 | 3670   | HARNEK TOOR<br>(37.56/772, 10.21/770, 27.47/589, 30.55/650, 15.74/889)       | 46  | 76  | ULTR | Surrey, BC     | 08.27.22 |
|               | M80 | 3631   | MAREK GLOWACKI<br>(36.62/743, 11.52/851, 29.51/758, 26.45/569, 13.82/710)    | 50  | 80  | UNBC | Vernon, BC     | 08.28.21 |
|               | M85 | 2695   | BAKSHSHISH DHILLON<br>(25.11/574, 8.03/642, 19.05/537, 16.32/381, 10.24/583) | 38  | 85  | GREY | Abbotsford, BC | 08.23.23 |
|               | M90 | 2735   | BRUCE BUTCHER<br>(19.27/525, 6.44/580, 18.97/674, 14.38/425, 8.02/531)       | 34  | 90  | KAML | Vernon, BC     | 08.24.24 |

| PENTATHLON | AGE | RECORD | ATHLETE                                                                                    | YOB | AGE | CLUB | LOCATION      | DATE     |
|------------|-----|--------|--------------------------------------------------------------------------------------------|-----|-----|------|---------------|----------|
|            | M35 | 2508   | JAMES O’KANE<br>(5.59W:0.7/544, 44.59/538, 26.97W:1.4/492, 35.43/572, 5:42.91/362)         | 75  | 37  | UNBC | Toronto, ON   | 06.19.13 |
|            | M40 | 2382   | GARY SILVESTER<br>(5.38 +0.5/565, 33.23/403, 25.86 -3.2/647, 29.76/471, 6:09.74/296)       | 68  | 41  | GREY | Kamloops, BC  | 07.17.09 |
|            | M45 | 2749   | BROCK PULLEN<br>(4.90/519, 39.82/562, 27.51/585, 34.12/605, 5:41.83/478)                   | 49  | 47  | UNBC | Eugene, OR    | 08.21.96 |
|            | M50 | 3211   | REIDAR ZAPF-GILJE<br>(4.77/556, 37.79/536, 26.89/703, 37.48/619, 4:55.43/797)              | 51  | 53  | GREY | Edmonton, AB  | 07.30.05 |
|            | M55 | 2435   | GRANT LAMOTHE<br>(4.24/487, 33.74/519, 28.76/630, 25.68/424, 6:32.86/375)                  | 43  | 59  | UNBC | Eugene, OR    | 08.07.03 |
|            | M60 | 3408   | REIDAR ZAPF-GILJE<br>(4.58 W=0.0/664), 38.05/619, 29.01 W=0.0/683, 38.37/604, 5:13.42/838) | 51  | 63  | GREY | Tonsberg, NOR | 06.13.15 |
|            | M65 | 3680   | REIDAR ZAPF-GILJE<br>(4.39, +0.9/693, 37.08/682, 29.88 -2.6/692, 39.57/703, 5:14.80/910)   | 51  | 65  | GREY | Toronto, ON   | 08.11.17 |
|            | M70 | 3486   | REIDAR ZAPF-GILJE<br>(3.89, 0.1/617, 33.62/623, 31.10, 0.9/680, 36.08/713, 5:41.14/853)    | 51  | 70  | GREY | Victoria, BC  | 09.14.22 |
|            | M75 | 2333   | JOE GIEGERICH<br>(3.35 +0.0/514, 19.67/368, 34.61 -1.6/527, 16.95/317, 6:52.98/607)        | 32  | 76  | NTFC | Regina, SK    | 08.01.08 |
|            | M80 | 2114   | KARL MEY<br>(3.12,-0.5/533, 15.44/277, 37.21,-0.4/472, 14.32/303, 7:39.85/529)             | 36  | 83  | GREY | Kelowna, BC   | 09.11.19 |
|            | M85 | 1573   | JOE GIEGERICH<br>(2.72, 0.0/506, 14.28/317, 43.11, -0.4/327, 11.58/281/ 10:48.69/142)      | 32  | 85  | NTFC | Toronto, ON   | 08.11.17 |
|            | M90 | 1374   | JOE GIEGERICH<br>(2.09, 0.8/386, 14.23/419. 51.40 -0.5/206, 11.53/359, 14:37.26/3)         | 32  | 90  | NTFC | Regina, SK    | 07.29.22 |

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| DECATHLON | AGE | RECORD | ATHLETE                                                                                     | YOB | AGE | CLUB | LOCATION           | DATE     |
|-----------|-----|--------|---------------------------------------------------------------------------------------------|-----|-----|------|--------------------|----------|
|           | M35 | 5248   | JAMES O'KANE                                                                                | 75  | 37  | UNBC | Langley, BC        | 06.15.13 |
|           |     |        | (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)       |     |     |      |                    |          |
|           | M40 | 6024   | STEVE KEMP                                                                                  | 53  | 40  | UNBC | Miyazaki, JPN      | 10.08.93 |
|           |     |        | (12.08, 5.75, 10.33, 1.56, 57.51 & 16.72, 32.36, 3.00, 46.06, 4:50.85)                      |     |     |      |                    |          |
|           | M45 | 4586   | GRANT LAMOTHE                                                                               | 43  | 45  | UNBC | Eugene, OR         | 06.18.95 |
|           |     |        | (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)          |     |     |      |                    |          |
|           | M50 | 6501   | REIDAR ZAPF-GILJE                                                                           | 51  | 53  | GREY | San Sebastian, ESP | 08.23.05 |
|           |     |        | (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)          |     |     |      |                    |          |
|           | M55 | 6926   | JOHN HAWKINS                                                                                | 49  | 57  | UBC  | Shoreline, WA      | 07.16.06 |
|           |     |        | (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)       |     |     |      |                    |          |
|           | M60 | 6857   | WARREN HAMILL                                                                               | 46  | 60  | UNBC | Shoreline, WA      | 07.16.06 |
|           |     |        | (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)      |     |     |      |                    |          |
|           | M65 | 5101   | JOSEPH HILL                                                                                 | 58  | 65  | GREY | Coquitlam, BC      | 08.04.24 |
|           |     |        | (13.95 (-0.2), 3.90 (-0.5), 9.00, 1.14, 1:08.70 & 23.17 (0.0), 30.80, 2.17, 37.39, 7:42.64) |     |     |      |                    |          |
|           | M70 | 7094   | REIDAR ZAPF-GILJE                                                                           | 51  | 70  | GREY | Surrey, BC         | 08.28.22 |
|           |     |        | (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)   |     |     |      |                    |          |
|           | M75 | 5443   | TOM UKONMAANAHO                                                                             | 44  | 77  | PGTF | Surrey, BC         | 08.28.22 |
|           |     |        | (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)   |     |     |      |                    |          |
|           | M80 | 3598   | DANNY DANIELS                                                                               | 29  | 80  | UNBC | Lahti, FIN         | 07.29.09 |
|           |     |        | (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)  |     |     |      |                    |          |