

WOMENS ROAD RECORDS | U18 - MASTERS

BC Athletics is pleased to recognize the accomplishments of our athletes through the BC Athletics Provincial Records program. This document is updated once per season. BC Athletics maintains a list of pending records throughout the year. Please note that records remain a work in progress. For any questions, comments or corrections, please contact garrett.collier@bcathletics.org.



ROAD EVENTS (Run / Race Walk)

MILE	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	U18	vacant...					
	U20	6:12	ABIGAIL YAKEMCHUK	04	OATF	Kelowna, BC	09.17.23
	U23	5:26	BROOKE LAWLER	03	UNBC	Kelowna, BC	09.17.23
	Open	4:28	LEAH PELLIS	64	UNBC	Honolulu, HI	12.13.97
	W40	4:38	ERNA KOZAK	24	UNBC	??	07.01.87
	W45	researching...					
	W50	6:04	KIMBERLY MAXWELL	??	UNBC	??	06.12.88
	W55	5:51	CAROL MONTGOMERY	65	UNBC	Kelowna, BC	09.04.22
	W60	6:41	ROSAMUND DASHWOOD	24	UNBC	??	06.09.89
	W65	6:55	CINDY RHODES	57	KRCC	Kelowna, BC	09.04.22
	W70	7:52	LAURELEE NELSON	54	KRCC	Kelowna, BC	09.17.23
	W75	8:12	DIANE LEONARD	45	KRCC	Kelowna, BC	09.04.22
	W80	9:37	LIZ BORRETT	39	KRCC	Kelowna, BC	09.04.22

5K	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	U20	17:23	KENDRA LEWIS	02	VOCA	Vancouver, BC	04.16.19
	U23	16:23	HOLLY MACGILLIVRAY	02	TBIR	Vancouver, BC	03.16.19
	Open	15:20	LYNN WILLIAMS	60	UNBC	Carlsbad, CA	04.02.89
	Open	15:20	ANGELA CHALMERS	63	UNBC	Carlsbad, CA	03.31.96
	W35	15:36	NATASHA WODAK	81	PIHR	Vancouver, BC	03.16.19
	W40	16:02	NATASHA WODAK	81	PIHR	Sidney, BC	04.13.25
	W45	16:10	MALINDI ELMORE	80	UNBC	Vancouver, BC	03.14.25
	W50	17:43	MARILYN ARSENAULT	68	UNBC	Sidney, BC	04.08.18
	W55	18:59	ALITA DOMMANN	68	VFAC	Sidney, BC	04.13.25
	W60	20:00	JULIETTE CHRISTIE	62	UNBC	Vancouver, BC	10.28.23
	W65	22:57 T	FAYE AMOS	52	UNBC	Sidney, BC	04.08.18
	W65	22:57 T	ROSAMUND DASHWOOD	24	UNBC	Victoria, BC	04.02.89
	W65	22:57 T	THELMA WRIGHT	51	UNBC	Vancouver, BC	03.18.17
	W70	22:50	ROSLYN SMITH	48	UNBC	Victoria, BC	04.10.22
	W75	23:59	ROSLYN SMITH	48	UNBC	Sidney, BC	04.13.25
	W80	28:22	LENORE MONTGOMERY	30	GREY	Vancouver, BC	06.17.11
	W85	34:23	LENORE MONTGOMERY	30	GREY	Carlsbad, CA	04.02.17

5K RACE WALK	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	U18	26:08	CASSIDY CARDLE	02	UNBC	Philadelphia, PA	08.17.19
	U20	25:34	JOEAN LU	00	WALK	Philadelphia, PA	08.17.19
	U23	25:34	JOEAN LU	00	WALK	Philadelphia, PA	08.17.19
	OPEN	25:34	JOEAN LU	00	WALK	Philadelphia, PA	08.17.19
	W45	38:30	RACHEL FOULADI	67	GREY	Richmond, BC	08.10.14
	W55	40:42	LORI GRAHAM	58	GREY	St. George, UT	10.18.17
	W60	34:01	SUZANNE SHARP	53	GREY	Edmonton, AB	09.09.17
	W65	33:08	SUZANNE SHARP	53	GREY	Edmonton, AB	09.07.19
	W70	38:04	SUZANNE SHARP	53	GREY	St. George, UT	10.12.24

8K	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	U20	27:39	JUSTINE STECKO	00	PIHR	Victoria, BC	10.08.17
	U23	27:39	JUSTINE STECKO	00	PIHR	Victoria, BC	10.08.17

WOMENS ROAD RECORDS | U18 - MASTERS

BC Athletics is pleased to recognize the accomplishments of our athletes through the BC Athletics Provincial Records program. This document is updated once per season. BC Athletics maintains a list of pending records throughout the year. Please note that records remain a work in progress. For any questions, comments or corrections, please contact garrett.collier@bcathletics.org.



8K cont'd	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	OPEN	25:28	NATASHA WODAK	81	PIHR	Saanichton, BC	01.13.13
	W35	25:55	NATASHA WODAK	81	PIHR	North Saanich, BC	01.12.20
	W40	26:20	NATASHA WODAK	81	PIHR	Saanichton, BC	01.08.23
	W45	27:47	NANCY TINARI	59	UNBC	Port Moody, BC	07.05.05
	W50	29:00	MARILYN ARSENAULT	68	UNBC	Saanichton, BC	01.13.19
	W55	30:54	LUCY SMITH	67	PIHR	North Saanich, BC	01.08.23
	W60	34:16	SANDRA BASTEDO	60	UNBC	Victoria, BC	10.10.04
	W65	36:33 T	THELMA WRIGHT	51	UNBC	Victoria, BC	10.08.17
	W65	36:33 T	CINDY RHODES	57	KRCC	Kelowna, BC	07.10.22
	W70	37:44	ROSLYN SMITH	48	UNBC	North Saanich, BC	01.13.19
	W75	39:05	ROSLYN SMITH	48	UNBC	North Saanich, BC	01.14.24
	W80	43:49	BETTY JEAN MCHUGH	27	UNBC	Steveston, BC	08.31.08
	W85	55:13	LENORE MONTGOMERY	30	UNBC	Richmond, BC	09.11.16
	M90						
10K	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	U20	36:45	JUSTINE STECKO	00	PIHR	Vancouver, BC	09.17.16
	U23	34:16	DEBBIE SCOTT	??	UNBC	Seattle, WA	03.02.80
	OPEN	31:44	LYNN WILLIAMS	60	VRTC	Orlando, FL	03.11.89
	W35	32:31	NATASHA WODAK	81	PIHR	Ottawa, ON	04.25.19
	W40	32:19	NATASHA WODAK	81	PIHR	Vancouver, BC	07.16.22
	W45	33:01	MALINDI ELMORE	80	UNBC	Ottawa, ON	05.24.25
	W50	37:18	JILLIAN FONG	66	UNBC	Vancouver, BC	09.16.17
	W55	40:13	BRENDA BAKER	53	UNBC	Squamish, BC	08.03.08
	W60	42:49	SANDRA BASTEDO	60	UNBC	Victoria, BC	04.24.05
	W65	45:41	BETTY JEAN MCHUGH	27	UNBC	Richmond, BC	10.17.93
	W70	47:54	BETTY JEAN MCHUGH	27	UNBC	Richmond, BC	02.01.98
	W75	49:11	ROSLYN SMITH	48	UNBC	Cobble Hill, BC	01.28.24
	W80	59:19	LENORE MONTGOMERY	30	UNBC	Victoria, BC	05.01.11
	W85	1:06.49	BETTY JEAN MCHUGH	27	UNBC	Vancouver, BC	07.20.13
10K RACE WALK	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	U18	56:14	GRACE WONG	06	UNBC	Langley, BC	07.29.23
	U20	49:23	OLIVIA LUNDMAN	03	NTFC	Mission, BC	06.22.22
	U23	49:15	KATELYN RAMAGE	93	WALK	Victoria, BC	03.29.15
	OPEN	49:15	KATELYN RAMAGE	93	WALK	Victoria, BC	03.29.15
	W35	53:09	NARDENE HAMMOND	72	UNBC	Victoria, BC	02.26.12
	W40	57:02	NARDENE HAMMOND	72	UNBC	Lyon, FRA	08.10.15
	W45	1:05:26.02	LINDA KEATLEY-CAMPBELL	56	UNBC	Edmonton, AB	07/??/05
	W50	1:05:28.00	LINDA KEATLEY-CAMPBELL	56	UNBC	Kamloops, BC	03.05.10
	W55	1:06:43.00	KATHLEEN KANE	53	UNBC	Sydney, AUS	10.14.09
	W60	1:10:43.97	SUZANNE SHARP	53	GREY	Vancouver, BC	08.27.16
	W65	1:10:57.01	LENORE MARVIN	20	UNBC	Eugene, OR	07.30.89
	W70	1:25:00.97	RUTH CARRIER	31	UNBC	San Sebastian, ESP	08.31.05
	W80	1:27:19.04	RUTH CARRIER	31	UNBC	Sacramento, CA	07.12.11
15K	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	U23	vacant...					
	OPEN	48:53	NANCY TINARI	59	UNBC	Monte Carlo, MON	11.21.87

WOMENS ROAD RECORDS | U18 - MASTERS

BC Athletics is pleased to recognize the accomplishments of our athletes through the BC Athletics Provincial Records program. This document is updated once per season. BC Athletics maintains a list of pending records throughout the year. Please note that records remain a work in progress. For any questions, comments or corrections, please contact garrett.collier@bcathletics.org.



20K	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	U23	vacant...					
	OPEN	1:06:07	NATASHA WODAK	81	PIHR	Houston, TX	01.19.20
20K RACE WALK	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	U20	1:42:59	OLIVIA LUNDMAN	03	NTFC	Ottawa, ON	10.02.22
	U23	1:41:06	OLIVIA LUNDMAN	03	UNBC	Dudince, SVK	03.22.25
	OPEN	1:37:32	NICOLE EVANGELISTA	88	WALK	Edmonton, AB	09.15.12
	W35	1:53:53.98	NARDENE HAMMOND	72	UNBC	Sacramento, CA	07.16.11
	W40	1:57:00.00	NARDENE HAMMOND	72	UNBC	Lyon, FRA	08.10.15
HALF MARATHON	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	U20	1:25:21	ALISON PENNER	94	UNBC	Victoria, BC	10.12.24
	U23	1:15:32	KRISTEN SMITH	03	UNBC	Vancouver, BC	02.09.25
	OPEN	1:09:41	NATASHA WODAK	81	PIHR	Houston, TX	01.19.20
	W35	1:09:41	NATASHA WODAK	81	PIHR	Houston, TX	01.19.20
	W40	1:10:11	MALINDI ELMORE	80	UBCO	Gifu, JPN	04.23.23
	W45	1:10:22	MALINDI ELMORE	80	UBCO	Berlin, GER	04.06.25
	W50	1:19:54	LUCY SMITH	67	PIHR	Victoria, BC	10.08.17
	W55	1:22:03	JILLIAN FONG	66	UNBC	Victoria, BC	10.10.21
	W60	1:37:38	CINDY RHODES	57	KRRC	Edmonton, AB	08.20.17
	W65	1:38:49	BETTY-JEAN MCHUGH	27	UNBC	Vancouver, BC	02.11.96
	W70	1:44:31	ROSLYN SMITH	48	UNBC	Comox, BC	03.19.23
	W75	1:49:03	ROSLYN SMITH	48	UNBC	Victoria, BC	10.14.24
	W80	2:04:19	BETTY-JEAN MCHUGH	27	UNBC	Vancouver, BC	05.04.08
	W85	2:21:00	GWEN MCFARLAN	34	KJAK	Victoria, BC	10.13.19
25K	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	U23	vacant...					
	OPEN	1:25:07	MALINDI ELMORE	80	UBCO	Berlin, GER	09.24.23
30K	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	U23	vacant...					
	OPEN	1:42:03	MALINDI ELMORE	80	UBCO	Berlin, GER	09.24.23
30K RACE WALK	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	U23	2:32:59	OLIVIA LUNDMAN	03	UNBC	Dudince, SVK	03.22.25
	OPEN	2:32:59	OLIVIA LUNDMAN	03	UNBC	Dudince, SVK	03.22.25
35K RACE WALK	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	U23	3:00:11	OLIVIA LUNDMAN	03	UNBC	Dudince, SVK	03.22.25
	OPEN	3:00:11	OLIVIA LUNDMAN	03	UNBC	Dudince, SVK	03.22.25
MARATHON	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	U23	2:43:40	KEDDI-ANNE SHERBINO	89	UNBC	Vancouver, BC	05.01.11
	OPEN	2:23:12	NATASHA WODAK	81	PIHR	Berlin, GER	09.25.22
	W35	2:24:50	MALINDI ELMORE	80	UBCO	Houston, TX	01.19.20
	W40	2:23:12	NATASHA WODAK	81	PIHR	Berlin, GER	09.25.22
	W45	2:24:53	MALINDI ELMORE	80	UBCO	Valencia, ESP	12.07.25
	W50	3:05:29	MOEKO SANADA	74	UNBC	Victoria, BC	10.14.24
	W55	3:08.10	BRENDA BAKER	53	UNBC	Victoria, BC	10.11.09

WOMENS ROAD RECORDS | U18 - MASTERS

BC Athletics is pleased to recognize the accomplishments of our athletes through the BC Athletics Provincial Records program. This document is updated once per season. BC Athletics maintains a list of pending records throughout the year. Please note that records remain a work in progress. For any questions, comments or corrections, please contact garrett.collier@bcathletics.org.



MARATHON (cont.)	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	W60	3:23:10	KIM GAGLIANO	61	UNBC	Victoria, BC	10.09.22
	W65	3:39:35	ROSLYN SMITH	48	UNBC	Victoria, BC	10.11.15
	W70	3:50:46	ROSLYN SMITH	48	UNBC	London, GBR	10.02.22
	W75	3:57:30	GWEN MCFARLAN	34	KJAK	Vancouver, BC	05.03.09
	W80	4:12:33	GWEN MCFARLAN	34	KJAK	Ottawa, ON	05.25.14
	W85	5:12:03	BETTY-JEAN MCHUGH	27	UNBC	Honolulu, HI	12.09.12
	W90	7:03:59	BETTY-JEAN MCHUGH	27	UNBC	Honolulu, HI	12.10.17
MARATHON RELAY	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	OPEN	3:04:57	OLIVIA LUNDMAN / EVAN DUNFEE	-	CAN	Paris, FRA	08.07.24
50K	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	OPEN	3:24:50	KATHRYN DREW	87	UNBC	Calgary, AB	05.28.23
100K	AGE	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
	OPEN	8:24:34	CATRIN JONES	79	PIHR	Grkaveščak, CRO	09.08.18