

From August 7, 2020 to August 6<sup>th</sup>, 2021

Masters road records are submitted by the Masters Committee.

**No Provincial Road Records require ratification.**

Standing Records as of August 6, 2021

## BC Native Records

Native records are set by BC athletes, irrespective of where the competition was held. If a record is denoted as (NR) it is also the National Record.

### Men

Distance	Time	Name	Date	Event	Location
5k	13:36 (NR)	Paul Williams	01 Jun 1986		Carlsbad, CA
8k	22:58	Carey Nelson	20 Jan 1985	Brentwood 8k	Brentwood Bay, BC
	22:58	Norman Tinkham	27 Aug 1995		Bellevue, WA
10k	28:33	Paul Williams	15 Jan 1983		Miami, FL
Half Marathon	1:01:28 (NR)	Jeff Schiebler	15 Jan 1999		Tokyo, JPN
Marathon	2:09:25 (NR)	Cam Levins	21 Oct 2018	Scotiabank Toronto Waterfront Marathon	Toronto, ON

### Women

Distance	Time	Name	Date	Event	Location
5k	15:20	Lynn Williams	04 Apr 1989		Carlsbad, CA
	15:20	Angela Chalmers	31 Mar 1996		Carlsbad, CA
8k	25:28 (NR)	Natasha Wodak	20 Jan 2013	Pioneer 8k	Saanichton, BC
10k	31:44 (NR)	Lynn Williams	11 Mar 1989		Orlando, FL

Distance	Time	Name	Date	Event	Location
Half Marathon	1:09:41	Natasha Wodak	19 Jan 2020	Houston Marathon	Houston, TX
Marathon	2:24:50 (NR)	Malindi Elmore	19 Jan 2020	Houston Marathon	Houston, TX

## BC All-Comers Records

All-comer records are set by athletes from any province or country, competing in BC.

### Men

Distance	Time	Name	Date	Event	Location
5k	14:06	John Gay	16 Mar 2019	St Patrick's Day 5k	Vancouver, BC
8k	22:58	Carey Nelson	20 Jan 1985	Brentwood 8k	Brentwood Bay, BC
10k	28:47	Rob Lonergan	21 Apr 1985	Sun Run	Vancouver, BC
	28:47	Simon Chemoiywo (Ken)	23 Apr 1995	TC10k	Victoria, BC
Half Marathon	1:02:32	Jon Brown (GBR)	13 Oct 2002	Victoria Marathon	Victoria, BC
Marathon	2:11:49	Steve Moneghetti (AUS)	28 Aug 1994	Victoria Marathon	Victoria, BC

### Women

Distance	Time	Name	Date	Event	Location
5k	15:29	Sarah Inglis (UK)	16 Mar 2019	St Patrick's Day 5k	Vancouver, BC
8k	25:28	Natasha Wodak	20 Jan 2013	Pioneer 8k	Saanichton, BC
10k	32:15	Lynn Williams	26 Apr 1987	Sun Run	Vancouver, BC
Half Marathon	1:12:21	Rachel Cliff	11 Feb 2018	First Half Marathon	Vancouver, BC
Marathon	2:30:41	Carole Rouillard (QC)	27 Aug 1994	Victoria Marathon	Victoria, BC