

**BC SUMMER GAMES
ATHLETICS RECORDS ~ MEN**

[Revised August 2010]

EVENT	RECORD	RECORD HOLDER	HOMETOWN	YEAR	ZONE
100 metres	11.06	Peter Ogilvie	Burnaby	1987	4
200 metres	22.58	Peter Ogilvie	Burnaby	1987	4
300 metres	37.48	Jacob Houlton	Langley	2010	3
800 metres	1:58.9	Mark Buschewitz	Vancouver	1980	5
1200 metres	3.29.4h	Ephraim Tadesse	Surrey	2010	3
2000 metres	6.03.47	Ephraim Tadesse	Surrey	2010	3
1500 metre Racewalk	7:15.63	Evan Dunfee	Richmond	2004	4
1500 m SC [no water]	4.40.07	Adam Commandeur	Courtenay	2010	6
100 m Hurdles	13.58	Nick Blackburn	Courtenay	2008	6
200 m Hurdles	25.91	Sebastian Adugalski	Delta	2010	4
High Jump	1.96 m	Shawn Swartz	Port Coquitlam	2004	3
Long Jump	6.54 m	Aaron Hart	Port Coquitlam	1992	3
Triple Jump	13.07 m	Shane Niemi	Kamloops	1993	2
Pole Vault	3.75 m	Matt Clifford	Abbotsford	1998	3
Discus ~ 1 kg	58.32 m	Dylan Armstrong	Kamloops	1996	2
Hammer ~ 4 kg	59.67 m	Nolan Henderson	Richmond	2004	4
Javelin ~ 600 g	53.68 m	Shawn McIsaac	Chilliwack	2000	3
Shot Put 4 kg	18.70 m	Delore Lakusta	Delta	1983	4
Pentathlon ~ 1000m	2798	Michael Muniak	Surrey	2010	3
4 x 100 m Relay	45.07	Tunji Taylor-Lewis; Mark Whiteley; Gabriel Marshalok; Brennan Gademanns	Fraser Valley	2008	3
4 x 400 m Relay	3:32.26	Zone 5 Team	Vancouver- Squamish	1986	5

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EVENT	RECORD	RECORD HOLDER	HOMETOWN	YEAR	ZONE
400 metres	50.39	Josh Guggenheimer	Prince George	1997	8
1500 metres	4:02.2	Mark Buschewitz	Vancouver	1980	5
3000 metres	9:01.6	Jason Schultz	Trail	1987	1
1500 metre Steeplechase	4:32.66	Jay Gibson	Mission	1992	3
300 m Hurdles	39.04	Nick Blackburn	Courtenay	2008	6
Hammer ~ 12 lb.	56.76	Dylan Armstrong	Kamloops	1996	2
Discus	41.56	Garrett Collier	Richmond	1994	4
Javelin	52.02	Janne Nikula	Port Moody	1996	3
Octathlon	4785	Greg Dingle	Sidney	1996	6
Octathlon [old]	4548	Nick Wilkes	Maple Ridge	1994	3
Pentathlon	4011	Aaron Dixon	Mackenzie	2002	1

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EVENT	RECORD	RECORD HOLDER	HOMETOWN	YEAR	ZONE
100 metres	12.14	Christabel Nettey	Surrey	2006	3
200 metres	24.99	Shai-Ann Davis	Richmond	2008	3
300 metres	39.90	Elisa Joyce	Kelowna	2010	2
800 metres	2:13.1	Pat Wellman	Victoria	1979	6
1200 metres	3.37.4h	Tanya Humeniuk	Vancouver	2010	5
2000 metres	6.24.91	Tanya Humeniuk	Vancouver	2010	5
1500 RW	7.27.48	Megan Huzzey	Victoria	2000	6
1500 SC/no water	4.51.41	Tanya Humeniuk	Vancouver	2010	5
80 m Hurdles	11.67	Yvonne Mensah	Surrey	2000	3
200 m Hurdles	27.96	Georgia Ellenwood	Langley	2010	3
High Jump	1.73 m	Holly Parent	Victoria	2006	6
Long Jump	6.12 m	Christabel Nettey	Surrey	2006	3
Triple Jump	12.33 m	Sabrina Nettey	Surrey	2004	3
Pole Vault	3.10 m	Shawni Hayhurst	Smithers	2008	7
Discus ~ 1 kg	38.51 m	Caroline Hay	North Vancouver	1998	5
Javelin ~ 600 g	41.23 m	Katie Green	Comox	2006	6
Shot Put ~ 3 kg	12.93 m	Eilish MacDonald	South Surrey	2008	3
Hammer ~ 3 kg	55.67	Asianna Covington	Surrey	2010	3
Pentathlon	3246	Meghan Palesch	South Surrey	2010	3
4 x 100 m Relay	49.86	Turner/Barton/ Bayley/Mensah	Fraser Valley Team	2000	3
4 x 400 Relay	3:55.80	Ange Boylan, Heather Dennis, Hazel Hanson-Monnie Courtney Inman	Fraser Valley Team	1994	3

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400 metres	56.65	Hazel Hanson-Monnie	Port Moody	1994	3
1500 metres	4:34.3	Pat Wellman	Victoria	1979	6
3000 metres	10:08.3	Juliet Smith	Coquitlam	1980	3
80 m Hurdles	11.77	Trisha Blair	Victoria	1995	6
300 m Hurdles	44.07	Natalie Jackson	Burnaby	1996	4
300 m Hurdles [7]	44.30	Jade Vaughan	Langley	2008	3
1500 Steeplechase	5:07.98	Samantha Lotnick	Langley	2004	3
Javelin [old]	39.58 m	Stephanie Chamberlain	Gabriola Island	1979	6
Shot Put ~ 6 lb	15.22 m	Nicole Monroe	Powell River	1984	6
Pentathlon: 6# shot	3890	Judith Cook	North Vancouver	1984	5
Pentathlon: 4 kg shot	3215	Erin Bell	North Vancouver	1989	5