

CANADIAN RELAY RECORDS

compiled by Harold Morioka – updated December 31, 2016

2016 Records in **BOLD** (13 outdoors and 8 indoors) Plus 1 record from 2015

OUTDOORS

4 x 100 METRES

M35	44.05	Brian Carnate (BC,39), Luke Wang (BC,44) Marvin Johnson (BC,42), Alex Gbaguidi (AB,35)	30/08/16	Vancouver, BC
M40	44.76	George Kenins (ON,43), Harold Morioka (BC,52) Tom Dickson (BC,42), Bob Zimmerman (ON,48)	23/07/95	Buffalo, NY
M45	45.06	Tom Dickson (BC,46), Harold Morioka (BC,56) Kostie Killas (BC,45), Kerry Smith (ON,45)	08/08/99	Gateshead, GBR
M50	48.44	Serge Faucher (ON,52), Steve Colbert (BC,51) Michael Bradecamp (BC,52), Newton Grey (AB,51)	30/08/16	Vancouver, BC
M55	50.49	Herb Gee (BC,61), Tony Badowski (BC,59) Lee Southern (BC,58), Harold Morioka (BC,59)	16/06/02	Langley, BC
M60	51.15	Mike Morris (ON,62), Harold Morioka (BC,60) Alan Slater (ON,61), Tony Badowski (BC,60)	13/07/03	Carolina, PUR
M65	54.17	Tony Badowski (BC,67), Lee Southern (BC,65) Harold Morioka (BC,67), Tuomas Ukonmaanaho (BC,65)	20/06/10	Langley, BC
M70	1:00.24	Gordon Johnson (BC,70), Joe Giegerich (BC,75) Norm Lesage (BC,78), Les Friesen (BC,71)	21/06/08	Surrey, BC
M75	1:03.73	Tom Callender (ON,75), Bill Thompson (ON,78) Joe Giegerich (BC,75), Earl Fee (ON,78)	15/09/07	Riccione, ITA
M80	1:10.57	Ray Wardle (ON,80), Arnold Nett (AB,80) Bill Thompson (ON,83), Ted Rowan (SK,80)	27/07/13	Regina, SK
W35	54.96	Megan Rankin (BC,46), Zelda Webber (BC,39) Georgina Titus (BC,42), Kim Ross (BC,46)	17/06/07	Langley, BC
W40	50.84	Karla Del Grande (ON,51), Patti Rogers (BC,44) Megan Delmonico (BC,43), Noella Lee Pong (AB,43)	17/07/04	Calgary, AB
W45	54.20	RhonaTrott (ON,52), Marne McMillan (BC,49) Maureen de St. Croix (BC,48), Betsy Lord (BC,45)	14.07/01	Brisbane, AUS
W50	54.31	Wendy Alexis (ON,53), Karla Del Grande (ON,55) Susanne Lauridsen (AB,50), Evelyn Burnett (AB,50)	02/08/08	Regina, SK
W55	57.38	Rhona Trott (ON,62), Wendy Alexis (ON,56) Jo Welch (NS,55), Karla Del Grande (ON,58)	17/06/11	Toronto, ON
W60	58.03	Elaine Whidden (BC,61), Wendy Alexis (ON,61) Linda Tauvette (ON,60), Karla Del Grande (ON,63)	14/08/16	Toronto, ON
W65	1:06.56	Deborah Lee (BC,66), Urith Hayley (BC,65) Karen Shook (BC,66), Sandi Bissessur (BC,66)	30/08/16	Vancouver, BC
W70	1:12.01	Diane Palmason (BC,72), Gerda Crosthwaite (BC,71) Louise Reed (BC,75), Christa Bortignon (BC,73)	16/09/10	Courtenay, BC
W80	1:49.15	Hildegard Buschhaus (BC,80), Olga Kotelko (BC,89) Doreen McLeod-Smith (BC,83), Leona Smith (BC,80)	13/10/08	Prince George, BC

4 x 400 METRES

M35	3:28.26	Andre Mitchell (ON,36), Peter Lawson (NS,44) Nigel John (ON,41), Joe Boland (ON,35)	27/10/13	Porto Alegre, BRA
M40	3:25.39	Chris Lemassif (ON,42), Peter Lawson (NS,40) Paul Osland (ON,45), Mike Sherar (ON,45)	08/08/09	Lahti, FIN
M45	3:33.95	Chris Lemassif (ON,47), Peter Lawson (NS,45) Paul Osland (ON,50), Michael Sherar (ON,50)	13/07/14	Toronto, ON
M50	3:50.91	Bill McIlwaine (ON,54), Earl Fee (ON,64) Tom Callender (ON,61), Harold Morioka (BC,50)	17/10/93	Miyazaki, JPN

M55	3:57.61	Tony Badowski (BC,57), Bill McIlwaine (ON,61) Jake Madderom (BC,55), Harold Morioka (BC,57)	20/08/00	Kamloops, BC
M60	4:07.74	Tony Badowski (BC,60), Earl Fee (ON,74) Bruce Mitchell (ON,60), Harold Morioka (BC,60)	13/07/03	Carolina, PUR
M65	4:52.10	Bruce Mintz (AB,69), Duncan Greenshields (ON,67) Norm Creen (ON,65), Bernie Lachance (QC,66)	14/08/16	Toronto, ON
M70	4:53.44	Tom Ukonmaanaho (BC,71), Sewa Birring (BC,70) Jess Brewer (BC,70), Mark Stewart (BC,72)	30/08/16	Vancouver, BC
M75	5:14.61	Roger Davies (AB,76), Ray Wardle (ON,78) Earl Fee (ON,82), Ed Whitlock (ON,80)	17/07/11	Sacramento, CA
M80	6:25.06	Ray Wardle (ON,80), Arnold Nett (AB,80) Bill Thompson (ON,83), Gerald Graham (AB,80)	28/07/13	Regina, SK
W35	4:22.17	Gwen Ridout (AB,41), Maxine Wilkes (AB,36) Charlene Dunn (AB,39), Lindsay Clapperton (AB,38)	18/07/04	Calgary, AB
W40	4:09.22	Avril Douglas (BC,43), Judy Warwick (SK,40) Catherine Roberts (AB,42), Liz McBlain (AB,41)	06/08/89	Eugene, OR
W45	4:28.95	Kate Cochrane-Brink (ON,46), Donna Dixon (AB,51) Annie Bunting (ON,49), Nancy Catton (ON,46)	13/07/14	Toronto, ON
W50	4:24.09	Marne McMillan (BC,51), Karla Del Grande (ON,50) Rhona Trott (ON,54), Maureen de St. Croix (BC,50)	13/07/03	Carolina, PUR
W55	5:31.40	Joy Kramarich(ON,55), Clara Northcott (ON,61) Lynn Kobayashi (ON,60), Heather O'Hagan (ON,55)	14/08/16	Toronto, ON
W60	5:19.48	Coleen Ross (BC,64), Marie Johnson (BC,63) Valerie Scott (BC,61), Elaine Whidden (BC,61)	30/08/16	Vancouver, BC
W65	5:59.02	Marg Radcliffe (BC,65), Mary McCarron-Egner (SK,70) Alice Cole (QC,74), Carol LaFayette-Boyd (SK,65)	15/09/07	Riccione, ITA
W70	6:12.25	Mary McCarron-Egner (SK,71), Helly Visser (AB,74) Louise Reed (BC,73), Diane Palmason (BC,70)	09/10/08	Calgary, AB

4 x 800 METRES

M35	8:59.99	Richard McClelland (ON,41), Andrew Jones (ON,46) Sean Cross (ON,41), Scott Lalande (ON,38)	06/07/11	London, ON
M40	9:06.52	Christian Gundlack (ON,41), Harold Walker (ON,41) John Loney (ON,43), Andrew Jones (ON,42)	09/07/08	London, ON
M45	9:24.04	Lloyd Guss (CAN,55), David Guss (AB,53) Chris Guss (AB,49), Tim Guss (AB,49)	25/05/14	Calgary, AB
M50	8:36.39	Andrew Tuovinen (BC,51), Serge Faucher (ON,50) Paul Osland (ON,50), Michael Sherar (ON,50)	12/07/14	Toronto, ON
M55	9:54.27	Keith Wakelin (BC,57), Lyndon Smith (SK,55) David Guss (AB,55), Mark Pinckard (BC,56)	29/08/16	Vancouver, BC
M60	10:45.68	John DeFinney (ON,61), Ken Hamilton (ON,61) Murray Hale (ON,61), Tim Payne (ON,61)	06/07/11	London, ON
M65	12:08.60	John De Finney (ON,65), Tim Payne (ON,65) Duncan Greenshields (ON,66), Ken Hamilton (ON,65)	27/06/15	Toronto, ON
M70	12:25.28	Doug Renwick (SK,71), Roger Davies (AB,78) Vern Christensen (ON,72), Chris Mackie (ON,72)	27/07/13	Regina, SK
M75	16:28.44	Pete Cunningham (ON,76), Harold Burgin (ON,77) Nick D'Ascanio (ON, 75), Steffan Kampe (ON, 79)	13/06/16	London, ON
M80	14:24.03	Ray Wardle (ON,80), Bill Thompson (ON,83) Ed Whitlock (ON,82), Earl Fee (ON,84)	06/07/13	Toronto, ON
W35	10:23.32	Michelle Clarke (ON,42), Donna Dixon (AB,53) Amy Ballon (ON,45), Julie Lajeunesse (QC,35)	14/08/16	Toronto, ON
W40	9:16.91	Shari Boyle (AB,43), Courtney Babcock (ON,44) Diane Cummins (BC,42), Larissa MacMillan (AB,40)	29/08/16	Vancouver, BC WR
W45	10:57.41	Jennifer Rout (ON,48), Heather O'Hagan (ON,51) Ginette Jones (ON,47), Kathryn Sullivan (ON,47)	06/07/13	Toronto, ON

W50	10:39.30	Heather O'Hagan (ON,51), Karen Gold (ON,50) Laurie Meloche (SK,52), Donna Dixon (AB,50)	27/07/13	Regina, SK
W55	13:28.82	Debbie Obokata (ON,55), Julia McDonald (ON,59) Maeve Armstrong-Harris (ON,55), Rita Melville (ON,58)	09/07/08	London, ON
W60	13:12.94	Linda Findley (ON,63), Julia McDonald (ON,62) Linda Jones (ON,62), Geordie Farrell (ON,60)	06/07/11	London, ON
W65	13:47.79	Linda Jones (ON,67), Diane Marrow (ON, 65) Geordie Farrell (ON,65), Linda Findley (ON, 68)	13/06/16	London, ON
W70	15:41.25	Carol LaFayette-Boyd (SK,71), Lenore Montgomery (BC,83) Alice Cole (QC,80), Helly Visser (AB,79)	27/07/13	Regina, SK

INDOORS

4 X 200 METRES

M35	1:38.97	William Harrower (BC,38), Peter Lawson (NS,41) Chris Jones (AB,36), Sam Walker (BC,38)	06/03/10	Kamloops, BC
M40	1:38.31	Zaven Tavitian (QC,45), Chris Lemassif (ON,45) Yannick Le Mouel (QC,44), Jerry Kangni (QC,43)	10/03/12	Toronto, ON
M45	1:37.26	Chris Warburton (ON,48), Peter Lawson (NS,45) Marcus Skeete (ON,46), Chris Lemassif (ON,47)	30/03/14	Budapest, HUN
M50	1:42.54	Mike Lee Foon (ON,54), Ken Kudo (ON,52) Kerry Smith (ON,61), Joe Baptiste (ON,54)	22/02/15	Toronto, ON
M55	1:58.27	Jorge Woods (BC,56), Edwin Liu (BC,59) Bruno Gartner (BC,62), Mark Pinckard (BC,55)	06/02/16	Richmond, BC
M60	1:53.37	Bruno Gartner (BC,60), Roy Turkington (BC,61) Ken Crockett (BC,60), Al Percival (BC,61)	03/04/13	Kamloops, BC
M65	1:58.03	Tom Ukonmaanaho (BC,68), John Winfield (BC,66) Harold Morioka (BC,70), Sewa Birring (BC,67)	03/04/13	Kamloops, BC
M70	2:09.98	Tom Ukonmaanaho (BC,71), Sewa Birring (BC,70) Harold Morioka (BC,73), Mark Stewart (BC,71)	14/02/16	Kamloops, BC
M80	2:33.41	Ed Whitlock (ON,82), Bill Thompson (ON,83) Ray Wardle (ON,80), Earl Fee (ON,83)	16/03/13	Toronto, ON
W35	2:07.90	Nancy Catton (ON,47), Amy Ballon (ON,43) Kate Cochrane-Brink (ON,47), Marijana Primorac (ON,35)	22/02/15	Toronto, ON
W40	1:57.55	Nicola Everton (BC,44), Jeanie Bezdan (BC,45) Anne Bunting (ON,45), Renee Belanger (BC,47)	06/03/10	Kamloops, BC
W45	2:01.58	Laurie Meloche (SK,48), Judy Summers (BC,46) Susanne Lauridsen (AB,52), Sheryl Schoenthaler (AB,45)	06/03/10	Kamloops, BC
W50	1:58.88	Wendy Alexis (ON,54), Rhonda Tremblay (SK,50) Jovette Jolicoeur (AB,50), Karla Del Grande (ON,56)	06/03/10	Kamloops, BC
W55	2:03.37	Carol LaFayette-Boyd (SK,71), Susanne Lauridsen (AB,56) Wendy Alexis (ON,59), Karla Del Grande (ON,60)	30/03/14	Budapest, HUN
W60	2:16.23	Rhona Trott (ON,61), Catherine Roberts (AB,63) Michelle Hankey (BC,61), Carol LaFayette-Boyd (SK,67)	06/03/10	Kamloops, BC
W65	2:54.30	Lynette Baldock (BC,68), Gabriella Moro (BC,68) Winni MacKay-Smith (BC,73), Christa Bortignon (BC,78)	15/02/15	Kamloops, BC
W70	3:04.74	Klazina Noort (BC,77), Ruth Carrier (BC,79) Mary McCarron-Egner (AB,73), Louise Reed (BC,74)	06/03/10	Kamloops, BC
W75	3:28.53	Klazina Noort (BC,79), Lenore Montgomery (BC,81) Ruth Carrier (BC,81), Christa Bortignon (BC,75)	18/02/12	Kamloops, BC
W80	4:15.33	Louise Sorensen (BC,81), Hildegard Buschhaus (BC,81) Olga Kotelko (BC,91), Leona Smith (BC,82)	06/03/10	Kamloops, BC WR

4 X 400 METRES

M35	4:36.80	Jeff Orchard (ON,50), Kevin Garlick (ON,53) Jon Izma (ON,35), Rich McLelland (ON,45)	16/01/16	London, ON
M40	3:39.22	Malik Crepsac (ON,40), Eddy Renelique (ON,43) Michael Sherar (ON,43), Paul Osland (ON,43)	04/02/07	Toronto, ON
M45	3:49.86	Ken Kudo (ON,46), Paul Osland (ON,45) Eddy Renelique (ON,45), Mike Sherar (ON,45)	25/01/09	Toronto, ON
M50	4:02.13	Lloyd Guss (CAN,55), David Guss (AB,54) Chris Guss (AB,50), Tim Guss (AB,50)	18/01/15	Calgary, AB
M55	4:48.55	Jorge Woods (BC,57), Steve Briggeman (BC,56) David Dickey (BC,62), Cal Warren (BC,56)	13/02/16	Kamloops, BC
M60	4:13.30	Tony Badowski (BC,65), John Winfield (BC,61) Sewa Birring (BC,62), Harold Morioka (BC,65)	11/03/08	Kamloops, BC
M65	4:46.66	Hardev Sandhu (BC,65), Fred Pawluk (BC,66) Harold Morioka (BC,71), Sewa Birring (BC,68)	15/02/14	Kamloops, BC
M70	5:12.10	Surinder Shah (BC,71), Bill McNamara (BC,73) Tom Ukonmaanaho (BC,70), Mark Stewart (BC,70)	14/02/15	Kamloops, BC
M80	6:06.23	Ray Wardle (ON,80), Bill Thompson (ON,83) Ed Whitlock (ON,82), Earl Fee (ON,83)	17/03/13	Toronto, ON WR
W35	4:34.74	Jodi Rice (46), Louise Bonneau (46) Tanya Sakharov (35), Nancy Catton (48)	20/03/16	Toronto, ON
W40	4:27.25	Gwen Bailey-Mason (ON,40), Lynda de Boer (ON,47) Christine Lavalee (ON,50), Karla Del Grande (ON,53)	04/02/07	Toronto, ON
W45	4:48.34	Karla Del Grande (ON,60), Kate Cochrane-Brink (ON,46) Gwen Bailey-Mason (ON,47), Annie Bunting (ON,49)	16/03/14	Toronto, ON
W50	4:55.91	Laurie Meloche (SK,51), Heather O'Hagan (ON,51) Donna Dixon (AB,50), Karen Gold (ON,50)	17/03/13	Toronto, ON
W55	6:48.51	Paula Muxlow (ON,58), Rosemary Craen (ON,58) Cheryl Firby (ON,60), Donna Kraft (ON,56)	16/01/16	London, ON
W60	6:45.54	Wendy Fraser (ON,62), Wilma Koopman (ON,62) Patricia Boost (ON,65), Linda Jones (ON,66)	16/01/16	London, ON

4 x 800 METRES

M35	8:42.48	Paul Osland (ON,50), Jay Brecher (ON,40) Michal Kapral (ON,41), Joey Boland (ON,35)	15/03/14	Toronto, ON
M40	8:50.03	Michael Kapral (ON,42), Bill Wells (ON,40) Jason Matthews (ON,41), Jay Brecher (ON,41)	14/03/15	Toronto, ON
M45	9:37.21	Lloyd Guss (CAN,55), David Guss (AB,53) Chris Guss (AB,49), Tim Guss (AB,49)	26/04/14	Calgary, AB
M50	8:37.23	Geoff Peat (ON,51), Serge Faucher (ON,50) Paul Osland (ON,51), Michael Sherar (ON,51)	22/02/15	Toronto, ON
M55	12:22.78	Wayne Chee (ON,58), Doug Smith (ON,61) Charley Moses (ON,57), Duncan Greenshields (ON,64)	16/03/13	Toronto, ON
M60	10:32.83	Ted Paget (ON,62), John DeFinney (ON,64) John Giffen (ON,62), Ken Hamilton (ON,64)	23/03/14	Toronto, ON
M65	12:04.68	Duncan Greenshields (ON,67), Ken Hamilton (ON,66) Chris Mackie (ON,75), Richard Bailey (ON,67)	21/02/16	Toronto, ON
M70	12:38.26	Chris Mackie (ON,73), Vern Christensen (ON,73) Jack Geddes (ON,76), David Woodhall (ON,71)	15/03/14	Toronto, ON
W35	11:13.10	Deb Buhlers (AB,40), Myndi Quirion (AB,35) Donna Dixon (AB,52), Bobbi Jo Waite Lang (AB,44)	18/01/15	Calgary, AB
W40	10:15.98	Donna Dixon (AB,40), Barb Richardson (AB,40) Sandra Yaworski (AB,41), Janice McCaffrey (AB,43)	18/01/03	Edmonton, AB
W50	10:32.66	Donna Dixon (AB,50), Karen Gold (ON,50) Laurie Meloche (SK,51), Patty Blanchard (NB,55)	16/03/13	Toronto, ON

WR **World Record**