

55+ BC GAMES TRACK AND FIELD RECORDS

* Records first compiled by Udo Grady in 1995; revised and updated by Danny Daniels from 1996 to 2009.

* Harold Morioka updated the records in 2001 and from 2010 to 2014.

* Electronic timing used in 1998, 2000, and from 2002 to present.

* The weights of the throwing implements were changed (lighter) in 2010 for the (W75+) women athletes.

* In 2014, the W60-74 women's javelin was changed from 400 grams to 500 grams.

* Around the year 2000, the athlete's age was changed from "calendar year" to "age on the 1st day of competition".
(note W65 10Km Road Race)

- records updated w/2014 results

AGE	RECORD	NAME	ZONE	AGE	DATE	VENUE
100M						
W55	14.6(h)	Gloria Young	2	??	2001	Surrey
W60	15.37 -2.8	Avri Douglas	4	60	2006	Abbotsford
W65	15.80 -0.1	Gerda Crosthwaite	5	66	2005	Cowichan
W70	15.86 0.3	Christa Bortignon	4	74	2011	Trail
W75	15.82 0.7	Christa Bortignon	4	76	21/08/13	Kamloops
W80	20.63	Johanna Hilhorst	2	81	2004	Penticton
W85	24.15	Olga Kotelko	4	87	2006	Abbotsford
W90	24.60 0.1	Olga Kotelko	4	90	2009	Richmond
M55	12.10	Harold Morioka	3	57	2000	Kelowna
M60	12.85 0.7	Al Percival	3	61	21/08/13	Kamloops
M65	13.39 0.9	Tom Ukonmaanaho	9	67	2012	Burnaby
M70	14.40	Andy Aadmi	4	71	2007	Nanaimo
M75	15.02	Norm Lesage	3	77	2007	Nanaimo
M80	15.97 0.1	Norm Lesage	4	81	2011	Trail
M85	19.34 0.0	Jim Sargent	1	86	2009	Richmond
M90	23.89 1.6	Harry Thompson	2	90	21/08/13	Kamloops
200M						
W55	30.93 0.1	Elaine Whidden	3	58	23/08/13	Kamloops
W60	31.24 -1.7	Avril Douglas	4	60	2006	Abbotsford
W65	33.67	Gerda Crosthwaite	5	66	2005	Cowichan
W70	34.04	Christa Bortignon	4	74	2011	Trail
W75	34.10 -0.9	Christa Bortignon	4	76	23/08/13	Kamloops
W80	46.3(h)	Anne Fleming	3	82	2001	Surrey
W85	48.36 -0.8	Olga Kotelko	4	85	2004	Penticton
W90	1:06.06 1.1	Olga Kotelko	4	93	2012	Burnaby
M55	25.14	Harold Morioka	3	57	2000	Kelowna
M60	26.50	Harold Morioka	3	62	2005	Cowichan
M65	28.02 -1.0	Tom Ukonmaanaho	9	67	2012	Burnaby
M70	29.52 -0.1	Andy Aadmi	4	74	2009	Richmond
M75	31.26	Norm Lesage	3	77	2007	Nanaimo
M80	34.62	Harry Thompson	2	80	2003	Chilliwack
M85	45.40 -0.8	Les Robson	3	85	2012	Burnaby
M90	51.88 0.3	Harry Thompson	2	90	23/08/13	Kamloops
400M						
W55	1:13.26	Elaine Whidden	3	58	22/08/13	Kamloops
W60	1:09.57	Avril Douglas	4	60	2006	Abbotsford
W65	1:22.54	Gerda Crosthwaite	5	66	2005	Cowichan
W70	1:25.21	Christa Bortignon	4	74	2011	Trail
W75	1:19.53	Christa Bortignon	4	76	22/08/13	Kamloops
W80	1:56.16	Lenore Montgomery	4	81	2011	Trail
W85	2:26.9(h)	Ivy Granstrom	4	85	1997	New Westminster
W90	2:50.28	Olga Kotelko	4	90	2009	Richmond
M55	54.07	Harold Morioka	3	57	2000	Kelowna
M60	59.82	Harold Morioka	3	62	2005	Cowichan
M65	1:04.2(h)	Les Friesen	3	65	2001	Surrey
M70	1:10.35	Les Friesen	3	71	2007	Nanaimo
M75	1:13.89	Adrian Meeuwissen	11	75	2005	Cowichan
M80	1:25.29	Adrian Meeuwissen	11	80	2010	Courtenay
M85	1:43.70	Harry Thompson	2	87	2010	Courtenay
M90	2:14.59	Harry Thompson	2	90	22/08/13	Kamloops

800M

W55	2:45.98	Debbie Jordan	4	55	2012	Burnaby
W60	2:49.39	Avril Douglas	4	60	2006	Abbotsford
W65	3:10.52	Irene Wingate	4	65	2012	Burnaby
W70	3:28.62	Winni MacKay-Smith	8	71	2012	Burnaby
W75	3:54.20	Lenore Montgomery	4	76	2006	Abbotsford
W80	4:07.25	Lenore Montgomery	4	82	2012	Burnaby
W85	5:25.1(h)	Ivy Granstrom	4	85	1997	New Westminster
M55	2:17.68	Harold Morioka	3	55	1998	Port Alberni
M60	2:27.5(h)	Steve Odwin	4	60	1997	New Westminster
M65	2:41.30	Michael Mullaley	2	66	2010	Courtenay
M70	2:45.55	Joe Giegerich	2	71	2003	Chilliwack
M75	3:07.24	Harry Thompson	2	75	1998	Port Alberni
M80	3:28.07	Harry Thompson	2	80	2003	Chilliwack
M85	4:17.72	Harry Thompson	2	87	2010	Courtenay
M90	5:07.40	Harry Thompson	2	90	21/08/13	Kamloops

1500M

W55	5:48.27	Debbie Jordan	4	55	2012	Burnaby
W60	6:06.1(h)	Lenore Montgomery	4	61	1991	Coquitlam
W65	6:21.08	Irene Wingate	4	65	2012	Burnaby
W70	6:46.70	Lenore Montgomery	4	73	2003	Chilliwack
W75	7:06.32	Gwen McFarlan	4	75	2009	Richmond
W80	7:59.03	Lenore Montgomery	4	82	2012	Burnaby
W85	11:01.2(h)	Ivy Granstrom	3	85	1997	New Westminster
M55	4:41.0(h)	Simon Timmer	2	??	1997	New Westminster
M60	5:00.83	Bill Hollingshead	2	61	2003	Chilliwack
M65	5:14.3(h)	Maurice Tarrant	1	67	1997	New Westminster
M70	5:37.95	Herb Phillips	4	74	11/09/14	Langley
M75	6:18.77	Maurice Tarrant	1	79	2009	Richmond
M80	7:09.18	Harry Thompson	2	80	2003	Chilliwack
M85	8:49.30	Les Leyland	6	85	2002	Prince George
M90	12:21.76	Harry Thompson	2	90	22/08/13	Kamloops

5000M

W55	21:12.51	Wendy Armstrong-Taylor	5	57	21/08/13	Kamloops
W60	22:36.07	Chris Race	3	60	12/09/14	Langley
W65	23:10.10	Irene Wingate	4	65	2012	Burnaby
W70	23:43.35	Lenore Montgomery	4	73	2003	Chilliwack
W75	25:09.0(h)	Gwen McFarlan	4	75	2009	Richmond
W80	28:11.90	Lenore Montgomery	4	82	2012	Burnaby
W85	36:27.1(h)	Greta Clarke	1	??	1997	New Westminster
M55	16:53.0(h)	Simon Timmer	2	??	1997	New Westminster
M60	18:27.84	Bill Hollingshead	2	61	2003	Chilliwack
M65	19:16.0(h)	Maurice Tarrant	1	67	1997	New Westminster
M70	20:20.26	Herb Phillips	4	74	12/09/14	Langley
M75	22:44.80	Maurice Tarrant	1	79	2009	Richmond
M80	26:45.25	Willis Greenaway	5	??	2002	Prince George
M85	33:05.26	Les Leyland	6	85	2002	Prince George

SPRINT HURDLES

W55	16.70	0.3	Margaret Rhebergen	8	59	10/09/14	Langley
W60	17.14	0.6	Daphne Sullivan	5	61	21/08/13	Kamloops
W75	17.44	0.6	Christa Bortignon	4	76	21/08/13	Kamloops
M65	20.96	0.5	Tom Ukonmaanaho	9	68	21/08/13	Kamloops
M55	23.20	-1.6	Stuart Rothnie	4	55	12/09/14	Langley
M70	18.98	1.0	Lynn Thompson	1	74	21/08/13	Kamloops
M75	19.40	-0.4	Lynn Thompson	1	75	12/09/14	Langley
M80	26.81	-0.4	Joe Giegerich	2	82	12/09/14	Langley

LONG HURDLES

W75	39.95	-2.3	Christa Bortignon	4	76	23/08/13	Kamloops
M55	1:36.14		Stuart Rothnie	4	55	10/09/14	Langley
M60	54.12		Bruno Gartner	3	60	23/08/13	Kamloops
M65	56:65		Francisco Machado	2	68	10/09/14	Langley
M70	1:03.31		Lynn Thompson	1	74	23/08/13	Kamloops

M75	1:03.67	Lynn Thompson	1	75	10/09/14	Langley
5000M POWER WALK (on the track)						
W55	33.02.7(h)	Flora Young	3	58	1992	Dawson Creek
W60	31.44.4(h)	Flora Young	3	60	1994	Prince Rupert
W65	33.05.95	Flora Young	3	66	2000	Kelowna
W70	33:29.5(h)	Lenore Marvin	3	71	1991	Coquitlam
W75	35:03.31	Jean Lancaster	6	77	2012	Burnaby
W80	39:24.44	Lenore Marvin	3	80	2000	Kelowna
W85	43:45.00	Greta Clarke	1	??	1998	Port Alberni
W90	1:00.31(h)	Mary Daykin	1	90	22/08/13	Kamloops
M55	27:25.54	Kim Gaynor	4	59	2000	Kelowna
M60	30:19.26	Tony Prazma	9	60	2000	Kelowna
M65	31:47.17	Karl Merschen	3	??	2003	Chilliwack
M70	33:45.09	John Viau	3	70	2006	Abbotsford
M75	34:41.06	Don Currie	6	78	2012	Burnaby
M80	36:17.86	Don Currie	6	80	11/09/14	Langley
M85	41:22:41	Richard Gersthofner	1/2?	85	2010	Courtenay
4 x 100M						
W55+	1:05.53	Urith Hayley (62), Lori Graham (55) Elaine Whidden (58), Marie Johnson (60)			Z-3	21/08/13 Kamloops
M55+	50.50	Herb Gee (59), Tony Badowski (57) Les Friesen (64), Harold Morioka (57)			Z-3	2000 Kelowna
4 X 100M MIXED (2 women and 2 men)						
55+	55.53	Urith Hayley (62), Bruno Gartner (60) Elaine Whidden (58), Al Percival (61)			Z-3	22/08/13 Kamloops
MEDLEY RELAY (600M, 200M, 400M, 800M)						
W55+	6:57.72	Athletes' names??			Z-4	2004 Penticton
M55+	5:39.97	Barry Meier (55), Herb Gee (59) Tony Badowski (57), Harold Morioka (57)			Z-3	2000 Kelowna
4 x 400M POWER WALK RELAY						
W55+	10:32.19	Kathy Dyer (68), Penny Jacobs (63) Chris MacDonald (70), Suzanne Sharp (59)			Z-9	23/08/13 Kamloops
M55+	9:39.60	Keith Taylor (76), James Dyer (65) Jim Johnston (66), Tom Ukonmaanaho (64)			Z-9	2009 Richmond
LONG JUMP						
W55	4.14*	-0.5	Margaret Rhebergen	8	58	22/08/13 Kamloops
W60	3.67		Gerda Crosthwaite	5	63	2002 Prince George
W65	3.64	-1.5	Gerda Crosthwaite	5	66	2005 Cowichan
W70	3.41	-0.2	Christa Bortignon	4	73	2010 Courtenay
	3.41	1.3	Christa Bortignon	4	74	2011 Trail
W75	3.49	-0.9	Christa Bortignon	4	75	2012 Burnaby
W80	2.49		Johanna Hilhorst	2	81	2004 Penticton
W85	2.01		Olga Kotelko	4	85	2004 Penticton
W90	1.53	0.4	Olga Kotelko	4	91	2010 Courtenay
M55	5.15		John Hawkins	4	59	2008 Prince George
M60	4.95		Herb Gee	3	60	2001 Surrey
M65	4.81	1.9	Tony Badowski	3	65	2008 Prince George
M70	3.85		Adrian Meeuwissen	11	71	2001 Surrey
M75	4.14	0.6	Adrian Meeuwissen	11	75	2005 Cowichan
M80	3.40	0.0	Larry Chalmers	5	82	2011 Trail
M85	2.42		Wolfgang Rost	2	85	2008 Prince George
M90	1.87		William Makarenko	3	??	2003 Chilliwack
TRIPLE JUMP						
W55	8.51	-0.5	Margaret Rhebergen	8	58	21/08/13 Kamloops
W60	7.85	0.5	Betsy Rollins	4	63	21/08/13 Kamloops
W65	6.93		Sandy Anderson	1	65	2005 Cowichan
W70	7.87	0.9	Christa Bortignon	4	74	2011 Trail

W75	7.96	1.3	Christa Bortignon	4	76	21/08/13	Kamloops
W80	3.57	0.6	Hildegard Buschhaus	2	81	2009	Richmond
W85	4.39	0.4	Olga Kotelko	4	87	2006	Abbotsford
W90	4.25	0.2	Olga Kotelko	4	90	2009	Richmond
M55	10.63	1.2	John Hawkins	4	57	2006	Abbotsford
M60	9.86		John Hawkins	4	61	2010	Courtenay
M65	9.10	1.2	David Lionas	1	67	13/09/14	Langley
M70	8.15	0.0	Les East	9	72	2011	Trail
M75	8.09		Adrian Meeuwissen	11	75	2005	Cowichan
M80	7.19	0.6	Larry Chalmers	5	82	2011	Trail
M85	4.21	0.5	Les Robson	3	85	2012	Burnaby

HIGH JUMP

W55	1.30		Margaret Rhebergen	8	55	2010	Courtenay
W60	1.25		Eleanor Richardson	1	??	2000	Kelowna
	1.25		Sandy Anderson	1	61	2001	Surrey
	1.25		Sandy Anderson	1	63	2003	Chilliwack
W65	1.20		Sandy Anderson	1	67	2007	Nanaimo
W70	1.17		Sandy Anderson	1	70	2010	Courtenay
W75	1.13		Christa Bortignon	4	75	2012	Burnaby
W80	0.90		Olga Kotelko	4	81	2000	Kelowna
W90	0.80		Olga Kotelko	4	90	2009	Richmond
M55	1.70		John Hawkins	4	57	2006	Abbotsford
M60	1.60		John Hawkins	4	60	2009	Richmond
	1.60		John Hawkins	4	61	2010	Courtenay
M65	1.50		John Hawkins	4	65	13/09/14	Langley
M70	1.30		Les East	1	73	2012	Burnaby
M75	1.25		Les East	1	75	13/09/14	Langley
M80	1.15		Keith Taylor	9	80	23/08/13	Kamloops
M85	0.85		Doug Monds	1	85	12/09/14	Langley

POLE VAULT

W55	2.05		Margaret Rhebergen	8	59	10/09/14	Langley
W60	1.56		Sandy Anderson	1	63	2003	Chilliwack
W65	1.75		Sandy Anderson	1	68	2008	Prince George
W70	1.55		Sandy Anderson	1	71	2011	Trail
M55	3.60		John Hawkins	4	57	2006	Abbotsford
M60	3.30		John Hawkins	4	62	2011	Trail
M65	2.50		Tom Ukonmaanaho	9	67	2012	Burnaby
M65	2.50 tie		Sven Donaldson	2	65	10/09/14	Langley
M70	2.60		Gerard Dumas	1	71	2006	Abbotsford
M75	2.10		Gerard Dumas	1	78	22/08/13	Kamloops
M75	2.10 tie		Gerard Dumas	1	79	10/09/14	Langley
M80	1.85		Joe Giegerich	2	82	10/09/14	Langley
M85	0.90		Doug Monds	1	85	10/09/14	Langley

SHOT PUT

			W55-74 (3kg), W75+ (2kg):			M55 (6kg), M60-69 (5kg), M70-79 (4kg), M80+ (3kg)	
W55	9.12		Rose Hare	4	59	2007	Nanaimo
W60	9.43		Lynda Braun	3	60	2012	Burnaby
W65	9.38		Gabriella Moro	4	65	2012	Burnaby
W70	7.66		Marg Radcliffe	1	70	2012	Burnaby
W75	8.20*	2kg	Myrtle Acton	4	78	2011	Trail
W80	6.06	3kg	Olga Kotelko	4	84	2003	Chilliwack
W80	7.14	2kg	Myrtle Acton	1	81	10/09/14	Langley
W85	5.68	3kg	Olga Kotelko	4	85	2004	Penticton
W90	5.36	2kg	Olga Kotelko	4	91	2010	Courtenay
M55	13.20		Don Allemeersch	9	55	2009	Richmond
M60	12.56		Mike Woodworth	1	61	2003	Chilliwack
M65	11.26		Art Jaago	5	66	1991	Coquitlam
M70	12.66*		Marek Glowacki	8	72	21/08/13	Kamloops
M75	10.65		Rainer Sillantaus	2	79	2009	Richmond
M80	11.38		Rainer Sillantaus	2	82	2012	Burnaby
M85	7.27		Karl Drahorad	8	85	23/08/13	Kamloops
M90	6.62		Jim Murray	4	91	2006	Abbotsford
M95	4.84		Jim Murray	4	95	2010	Courtenay

DISCUS

		W55-74 (1.0 kg), W75+ (0.75 kg):		M55 (1.5 kg), M60+ (1.0 kg)		
W55	24.52	Rose Hare	4	59	2007	Nanaimo
W60	25.31	Rose Hare	4	64	2012	Burnaby
W65	23.89	Gabriella Moro	4	67	10/09/14	Langley
W70	18.68	Myrtle Acton	5	74	2007	Nanaimo
W75	19.11	Myrtle Acton	5	78	2011	Trail
W80	17.65	Myrtle Acton	1	81	12/09/14	Langley
W85	13.81	Olga Kotelko	4	89	2008	Prince George
W90	13.71	Olga Kotelko	4	91	2010	Courtenay
M55	43.61	Don Allemeersch	9	55	2009	Richmond
M60	41.56	Fred Clark	7	??	2005	Cowichan
M65	37.68	Art Jaago	5	66	1991	Coquitlam
M70	36.75	Marek Glowacki	8	74	10/09/14	Langley
M75	31.46	Les East	1	75	10/09/14	Langley
M80	25.14	Rainer Sillantaus	2	89	2010	Courtenay
M85	19.86	Jim Murray	4	85	2000	Kelowna
M90	17.43	Jim Murray	4	90	2005	Cowichan
M95	14.06	Jim Murray	4	95	2010	Courtenay

JAVELIN

		W55-74 (500 gm), W75+ (400 gm):		M55 (700 gm), M60-69 (600 gm), M70-79 (500 gm), M80+ (400 gm)		
W55	28.95	Marg Radcliffe	1	59	2001	Surrey
W60	32.85	Marg Radcliffe	1	61	2003	Chilliwack
W65	27.75	Marg Radcliffe	1	69	2011	Trail
W65	21.78	Rose Hare	4	66	13/09/14	Langley
W70	25.12	Marg Radcliffe	1	71	24/08/13	Kamloops
W75	22.93	Gerda Crosthwaite	5	75	13/09/14	Langley
W80	16.61	Olga Kotelko	4	81	2000	Kelowna
W85	14.95	Olga Kotelko	4	85	2004	Penticton
W90	12.83	Olga Kotelko	4	92	2011	Trail
M55	46.55	Victor Njume	2	58	2001	Surrey
M60	47.42	Victor Njume	2	63	2006	Abbotsford
M65	44.60	Victor Njume	2	67	2010	Courtenay
M70	44.30	Victor Njume	2	70	22/08/13	Kamloops
M75	32.04	Rainer Sillantaus	3	76	2006	Abbotsford
M80	29.61	Rainer Sillantaus	2	80	2010	Courtenay
M85	18.70	Karl Drahorad	8	85	22/08/13	Kamloops
M90	14.13	Jim Murray	4	91	2006	Abbotsford
M95	9.47	Jim Murray	4	95	2010	Courtenay

HAMMER

		W55-74 (3.0kg), W75+ (2kg):		M55 (6kg), M60-69 (5kg), M70-79 (4kg), M80+ (3kg)		
W55	28.46	Laurel Hunt	8	57	2011	Trail
W60	28.46	Rose Hare	4	62	2010	Courtenay
W65	30.06	Rose Hare	4	66	11/09/14	Langley
W70	26.10	Kathy Brand	8	72	11/09/14	Langley
W75	26.08*	Myrtle Acton	4	78	2011	Trail
W80	20.38*	Myrtle Acton	1	81	12/09/14	Langley
W85	18.62	Olga Kotelko	4	85	2004	Penticton
W90	16.65*	Olga Kotelko	4	92	2011	Trail
M55	39.85	Dave McDonald	3	58	2012	Burnaby
M60	40.58*	Dave McDonald	3	60	12/09/14	Langley
M65	31.22	Hardev Sandhu	3	65	11/09/14	Langley
M70	39.25*	Marek Glowacki	8	72	21/08/13	Kamloops
M75	34.97*	Bakhshish Dhillon	3	75	21/08/13	Kamloops
M80	33.43*	Doug Monds	1	80	2009	Richmond
M85	24.78	Doug Monds	1	85	11/09/14	Langley
M90	16.94	Jim Murray	4	92	2007	Nanaimo

WEIGHT

		W55 (16#), W60-74 (12#), W75+ (4kg):		M55 (25#), M60-69 (20#), M70-79 (16#), M80+ (12#)		
W55	8.00	Yvonne Dibblee	8	59	22/08/13	Kamloops
W60	12.24	Rose Hare	4	64	2012	Burnaby
W65	11.68*	Cheryl Closkey	6	65	21/08/13	Kamloops
W70	9.76	Kathy Brand	8	71	24/08/13	Kamloops
W75	10.45*	Myrtle Acton	4	78	2011	Trail
W80	8.63*	Myrtle Acton	1	81	12/09/14	Langley
W85	6.67	Olga Kotelko	4	89	2008	Prince George
W90	7.78	Olga Kotelko	4	91	2010	Courtenay

M55	15.51	Dave McDonald	3	58	2012	Burnaby
M60	16.22	Dave McDonald	3	60	13/09/14	Langley
M65	13.47*	John Hawkins	4	65	12/09/14	Langley
M70	15.86*	Marek Glowacki	8	73	21/08/13	Kamloops
M75	13.83	Bakhshish Dhillon	3	75	24/08/13	Kamloops
M80	11.84*	Doug Monds	1	84	21/08/13	Kamloops
M85	10.10	Doug Monds	1	85	13/09/14	Langley
M90	7.77	John Bandstra	11	91	13/09/14	Langley
M95	4.54	Jim Murray	4	95	2010	Courtenay

THROWS PENTATLON * 2010 tables Order of events: HT, SP, DT, JT, WT

W55	2583*	Rose Hare	4	59	2007	Nanaimo
		(21.76/502, 8.92/676, 22.56/510, 17.64/392, 7.88/503)				
W60	3376*	Rose Hare	4	62	2010	Courtenay
		(29.45/826, 8.51/712, 23.57/608, 19.42/475, 11.78/755)				
W65	3391*	Cheryl Closkey	6	65	21/08/13	Kamloops
		(23.18/700, 7.08/645, 22.35/655, 19.92/560, 11.68/831)				
W70	3246*	Marg Radcliff	1	71	21/08/13	Kamloops
		(17.75/580, 6.89/713, 16.32/529, 23.87/800, 8.28/624)				
W75	3983*	Myrtle Acton	4	78	2011	Trail
		(26.08/979, 8.20/862, 17.81/623, 17.55/667, 10.45/852)				
W80	3712*	Myrtle Acton	1	81	12/09/14	Langley
		(20.38/864, 6.57/769, 17.65/742, 12.61/556, 8.63/781)				
W85	4369 (too high)	Olga Kotelko	4	89	2008	Prince George
W90	4554*	Olga Kotelko	4	91	2010	Courtenay
		(14.59/902, 5.43/880, 13.65/896, 11.79/891, 7.90/985)				
M55	3168*	Dave McDonald	3	58	2012	Burnaby
		(37.89/673, 10.04/652, 33.51/608, 32.77/498, 13.40/737)				
M60	3608*	Dave McDonald	3	60	12/09/14	Langley
		(40.58/727, 10.91/704, 39.49/704, 41.04/708, 14.90/765)				
M65	3234*	John Hawkins	4	65	12/09/14	Langley
		(29.42/563, 10.65/758, 30.31/569, 32.83/608, 13.47/736)				
M70	4093*	Marek Glowacki	8	72	21/08/13	Kamloops
		(39.25/832, 12.66/916, 36.44/799, 31.55/633, 15.86/913)				
M75	3458*	Les East	1	75	12/09/14	Langley
		(31.42/747, 8.83/670, 30.32/735, 25.41/561, 12.35/745)				
M80	2890*	Doug Monds	1	80	2009	Richmond
		(33.43/905, 738/594, 17.25/442, 17.86/405, 9.06/554)				
M85	2637*	Doug Monds	1	85	12/09/14	Langley
		(14.87/413, 6.92/636, 16.34/501, 15.32/404, 9.75/683)				
M90	3427 (too high)	Jim Murray	4	92	2007	Nanaimo

PENTATHLON * 2010 Tables (Women's order of events)

		To 2013: 100m, LJ, SP, JT, 800M)	From 2014: 80HUR, HJ, SP, LJ, 800)			
W55	2793*	Margaret Rhebergen	8	58	22/08/13	Kamloops, BC
		(15.29 w=0.8/771, 4.14 w=-0.5/712, 6.36/445, 18.80/424, 3:27.60/441)				
W55	2768* (2014)	Margaret Rhebergen	8	59	11/09/14	Langley, BC
		(16.70, 0.3/622, 1.26/771, 6.52/460, 3.52, nwi/482, 3:28.52/433)				
W60	3199 (too high)	Marg Radcliffe	1	61	2003	Chilliwack
W60	2302* (2014)	Urith Hayley	3	63	11/09/14	Langley, BC
		(18.26, 0.3/475, 1.11/644, 6.32/496, 2.88, nwi/340, 3:51.93/347)				
W65	2689*	Sandy Anderson	1	66	2006	Abbotsford
		(18.26 w=-2.7/569, 2.71 w=0.0/357, 8.20/768, 21.69/619, 4:03.64/376)				
W70	3023*	Christa Bortignon	4	73	2010	Courtenay
		(17.59/768, 3.40/777, 5.88/589, 13.05/394, 4:07.42/495)				
W75	2312 (too high)	Hildegard Buschhaus	2	77	2005	Cowichan
W80	1490*	Hildegard Buschhaus	2	81	2009	Richmond
		(26.62 w=0.3/209, 1.66 w=0.1/218, 4.15/438, 9.08/375, 6:10.60/250)				

		* Men: To 2012 (LJ, SP, 100, JT, 1500)			*From 2013 (LJ, JT, 200, DT, 1500)	
M55	2894 (too high)	Fred Clark	7	??	1998	Port Alberni
M60	3474*	Reidar Zapf-Gilje	4	60	2012	Burnaby
(4.48 w=1.1/652, 11.13/722, 14.10 w=0.6/677, 34.38/569, 5:19.80/854)						
M65	2931 (too high)	Danny Daniels	1	65	1994	Prince Rupert
M70	2919*	Barry Adams	4	71	22/08/13	Kamloops, BC
(3.43 w=0.5/512, 29.62/585, 32.51 w=1.5/619, 24.79/498, 6:30.03/705)						
M75	2808*	Adrian Meeuwissen	11	77	2007	Nanaimo
(3.52/661, 8.84/672, 16.95/545, 18.86/380, 7:40.31/550)						
M80	1431*	Doug Monds	1	80	2009	Richmond
(2.05 nwi/217, 6.67/525, 23.48 w=2.2/62 16.53/365, 10:08.87/262)						
M85	587	Sverre Hietanen	4	85	2005	Cowichan

10Km ROAD RACE

(Best performances - not records because courses vary)

W55	45:18	Marcia Stromsmoe	1	56	2005	Cowichan
W60	43:40	Lenore Montgomery	4	61	1991	Coquitlam
W65	46:49xxx	Betty-Jean McHugh	4	64	1992 (Nov/07/27)	Dawson Creek
	49:39	Heidi Alberti	3	??	2001	Surrey
W70	50:26	Lenore Montgomery	4	72	2002	Prince George
W75	52:33	Gwen McFarlan	4	75	2009	Richmond
W80	1:01.28	Lenore Montgomery	4	80	2010	Courtenay
W85	1:20:36	Greta Clarke	1	??	1997	New Westminster
M55	35:38	Rick Whiting	4	??	1992	Dawson Creek
M60	38:20	Don Busch	2	??	1991	Coquitlam
M65	42:16	Maurice Tarrant	1	67	1997	New Westminster
M70	43:42	Willis Greenaway	5	??	1992	Dawson Creek
M75	47:52	Henry Kennedy	1	??	1999	Fernie
M80	59:59	Grant Yule	9	80	2008	Prince George

10Km ROAD WALK

(Best performances - not records because courses vary)

W55	1:08:47	Shirley Naylor	2	??	2001	Surrey
W60	1:04:35	Flora Young	3	60	1994	Prince Rupert
W65	1:05:01	Flora Young	3	65	1999	Fernie
W70	1:09:15	Flora Young	3	70	2004	Penticton
W75	1:14:54	Ethel Graham	8	??	2000	Kelowna
W80	1:25:02	Ruth Carrier	3	80	2011	Trail
W85	1:32:24	Greta Clarke	1	??	1998	Port Alberni
W90	2:12.22	Mary Daykin	1	91	13/09/14	Langley
M55	1:00:04	Kim Gaynor	4	59	2000	Kelowna
M60	56:56???	Danny Daniels	1	62	1991	Coquitlam
	1:03:34	Tony Prazma	9	62	2002	Prince George
M65	1:03:53	Rick Whiting	4	??	2004	Penticton
M70	1:09:13	John Viau	3	70	2006	Abbotsford
M75	1:12:39	Don Currie	6	78	2012	Burnaby
M80	1:20:23	Keith Taylor	9	80	24/08/13	Kamloops
M85	1:36:08	Ed Kluczny	7	86	2008	Prince George

NOTE:

- * Electronic timing recorded to hundredth of a second.
- * Hand times rounded up to the tenth of a second.
- * Road races and Road walks times are rounded up to the full second
- * Road races and Road walks are only "Best Performances" since courses can vary greatly. (during the earlier years, courses were not certified)
- * Records marked with * were established during the pentathlon or weight pentathlon.
- * The womens pentathlon was changed in 2014 to conform to the 5 WMA events.
- * The mens pentathlon was changed in 2013 to conform to the 5 WMA events.
- * Several pentathlon scores are incorrect (too high) due to different older tables.
 - where the pentathlon event scores were available, the current 2010 tables were used.
- * Several events were not contested in the earlier years.
 - * 2002 - Pole vault added
 - * 2004 - Hammer throw added
 - * 2005 - Triple jump added
 - * 2007 - Weight throw and Throws pentathlon added
 - * 2013 - Hurdles added