

B. C. MASTERS INDOOR TRACK AND FIELD RECORDS NEW RECORDS SET IN 2010 (111 BC + 1 tie, 31 CR, 8 WR)

GREYHOUNDS IN RED

NOTE: WMA CHAMPIONSHIPS HELD IN KAMLOOPS!

AGE RECORD	RECORD HOLDER	AGE	DATE	VENUE	
60M					
M45	7.90	Len Van Ryswyk	46	01/03/10	Kamloops, BC
M55	7.62 p	Tom Dickson	56	18/01/10	Seattle, WA
	7.66	Tom Dickson	56	01/03/10	Kamloops, BC
M70	8.97	Andy Aadmi	74	02/03/10	Kamloops, BC
M80	9.92	Norm Lesage	80	02/03/10	Kamloops, BC
M85	12.08	Harry Thompson	87	02/03/10	Kamloops, BC
W50	9.38	Margaret Rhebergen	54	02/03/10	Kamloops, BC
W70	11.16	Louise Reed	74	02/03/10	Kamloops, BC
W90	15.14	Olga Kotelko	91	02/03/10	Kamloops, BC
					CR
					CR
					WR
200M					
M70	30.83	Andy Aadmi	74	02/03/10	Kamloops, BC
M80	34.86	Norm Lesage	80	03/03/10	Kamloops, BC
W35	32.48	Caterina Anastasio	38	03/03/10	Kamloops, BC
W50	32.30	Margaret Rhebergen	54	03/03/10	Kamloops, BC
W75	45.63	Klazina Noort	77	03/03/10	Kamloops, BC
W90	60.72	Olga Kotelko	91	03/03/10	Kamloops, BC
					CR
					WR
400M					
M40	1:00.11	Stanley Jang	41	04/03/10	Kamloops, BC
M70	1:09.29	Andy Aadmi	74	06/03/10	Kamloops, BC
M80	1:32.53	Norm Lesage	80	06/03/10	Kamloops, BC
M85	1:41.51	Harry Thompson	87	06/03/10	Kamloops, BC
					CR
800M					
M45	2:07.68	David Beardsell	47	03/03/10	Kamloops, BC
M50	2:19.87	Malcolm Smillie	50	03/03/10	Kamloops, BC
M65	3:12.65	Alan Vyse	67	02/03/10	Kamloops, BC
M85	4:10.23	Harry Thompson	87	03/03/10	Kamloops, BC
					CR
1500M					
M35	4:42.31	Scott Back	36	06/03/10	Kamloops, BC
M40	4:27.01	Stanley Jang	41	06/03/10	Kamloops, BC
M45	4:20.71	David Beardsell	47	06/03/10	Kamloops, BC
M50	4:49.13	Raffi Antepyan	51	06/03/10	Kamloops, BC
M55	4:39.78	Paul Reimer	55	06/03/10	Kamloops, BC
M60	5:19.59	Fred Pawluk	62	06/03/10	Kamloops, BC
M65	6:21.55	Alan Vyse	67	06/03/10	Kamloops, BC
M85	8:52.15	Harry Thompson	87	06/03/10	Kamloops, BC
W35	5:17.73	Lisa Broughham	39	06/03/10	Kamloops, BC
W45	5:02.18	Jeanie Bezdan	45	06/03/10	Kamloops, BC
W55	5:34.61	Maureen de St. Croix	56	06/03/10	Kamloops, BC
W70	7:41.91	Barbara Saunders	70	06/03/10	Kamloops, BC
					CR
MILE					
M50	5:29.89	p Ted de St. Croix	52	23/01/10	Ithaca, NY
W55	5:54.68	p Maureen de St. Croix	56	23/01/10	Ithaca, NY
3000M					
M40	9:38.17	Mark Sherman	41	03/03/10	Kamloops, BC
M45	9:45.48	Richard Brewster	45	04/03/10	Kamloops, BC
M50	10:41.63	Brian Martinson	51	04/03/10	Kamloops, BC
M65	13:46.54	Alan Vyse	67	04/03/10	Kamloops, BC
W40	14:12.79	Rachel Fouladi	42	03/03/10	Kamloops, BC
60M HURDLES					
M35	8.11	Tim Kroeker	38	05/03/10	Kamloops, BC
					CR

M40	10.31	Gary Silvester	41	01/03/10	Kamloops, BC	
M60	10.78	John Hawkins	60	02/03/10	Kamloops, BC	
M65	13.25	Grant Lamothe	66	02/03/10	Kamloops, BC	
M80	14.52	Danny Daniels	81	02/03/10	Kamloops, BC	
W40	11.27	Iuliana Kroeger	41	01/03/10	Kamloops, BC	
W50	12.03	Margaret Rhebergen	54	05/03/10	Kamloops, BC	
W60	13.28	Michelle Hankey	61	05/03/10	Kamloops, BC	

4 X 200M RELAY

M35	1:38.97	*** William Harrower (38), Stanley Jang (41) Chris Jones (36), Sam Walker (38)		06/03/10	Kamloops, BC	CR
M80	2:40.99	*** Bill Thompson (80), Isaac Thiessen (80) Harry Thompson (87), Norm Lesage (80)		06/03/10	Kamloops, BC	CR
W40	1:57.55	*** Nicola Everton (44), Jeanie Bezdan (45) Anne Bunting (45), Renee Belanger (47)		06/03/10	Kamloops, BC	CR
W70	3:04.74	*** Klazina Noort (77), Ruth Carrier (79) Mary McCarron-Egner (73), Louise Reed (74)		06/03/10	Kamloops, BC	CR
W80	4:15.33	Louise Sorensen (81), Hildegard Buschhaus (81) Olga Kotelko (91), Leona Smith (82)		06/03/10	Kamloops, BC	WR

Other BC athletes who were on Canadian 4x200m relay teams that set Canadian records were:
M50 team: 1:51.59 (Bob Cheng and Kenneth Crockett), M55 team: 2:00.58 (**Les Fowler**),
W45 team: 2:01.58 (Judy Summers), W60 team: 2:16.23 (**Michelle Hankey**)

3000M RACEWALK

M55	15:42.36	Gerald Dragomir	58	03/03/10	Kamloops, BC	
M65	21:03.44	Anthony Hass	66	03/03/10	Kamloops, BC	
M75	26:50.85	Gurdev Uppal	77	03/03/10	Kamloops, BC	
W35	19:20.33	Paola Rodriguez	36	03/03/10	Kamloops, BC	
W50	19:09.24	Linda Keatley-Campbell	53	03/03/10	Kamloops, BC	
W55	18:37.55	Joanne Turner	57	03/03/10	Kamloops, BC	
W75	25:04.56	Ruth Carrier	79	03/03/10	Kamloops, BC	CR
W80	25:51.70	Hildegard Buschhaus	81	03/03/10	Kamloops, BC	CR

LONG JUMP

M40	5.30	Tie Gary Silvester	41	01/03/10	Kamloops, BC	
M50	6.16	Jim Bissenden	51	04/03/10	Kamloops, BC	CR
M60	5.04	John Hawkins	60	30/01/10	Kenosha, WI	
M80	3.27	Gordon Chalmers	80	04/03/10	Kamloops, BC	
W45	3.55	Miriam Cavani	49	03/03/10	Kamloops, BC	
W50	4.23	Margaret Rhebergen	54	03/03/10	Kamloops, BC	
W65	2.15	Virginia Hoover	69	03/03/10	Kamloops, BC	
W90	1.67	Olga Kotelko	91	03/03/10	Kamloops, BC	WR

TRIPLE JUMP

M40	11.71	Byron Jack	42	05/03/10	Kamloops, BC	
M45	12.79	Hugh Maguire	46	06/03/10	Kamloops, BC	CR
M60	9.75	John Hawkins	60	06/03/10	Kamloops, BC	
M80	6.73	Gordon Chalmers	80	06/03/10	Kamloops, BC	
W50	8.59	Margaret Rhebergen	54	05/03/10	Kamloops, BC	
W60	5.44	Linda Meise	60	05/03/10	Kamloops, BC	
W65	5.14	Virginia Hoover	69	05/03/10	Kamloops, BC	
W80	3.31	Hildegard Buschhaus	81	05/03/10	Kamloops, BC	CR
W90	4.14	Olga Kotelko	91	05/03/10	Kamloops, BC	WR

HIGH JUMP

M60	1.65	John Hawkins	60	06/03/10	Kamloops, BC	CR
M65	1.14	Grant Lamothe	66	02/03/10	Kamloops, BC	
	1.14	Barry Adams	67	02/03/10	Kamloops, BC	
M80	1.05	Danny Daniels	81	02/03/10	Kamloops, BC	
W50	1.30	Margaret Rhebergen	54	04/03/10	Kamloops, BC	
W65	1.12	Sandy Anderson	69	04/03/10	Kamloops, BC	
W90	0.75	Olga Kotelko	91	04/03/10	Kamloops, BC	WR

POLE VAULT

M60	3.35#	John Hawkins	60	05/03/10	Kamloops, BC	CR**
W65	1.30	Sandy Anderson	69	03/03/10	Kamloops, BC	

SHOT PUT

M35	11.66	John Saari	36	03/03/10	Kamloops, BC	
M45	10.93	Byron McCorkell	48	03/03/10	Kamloops, BC	
M60	13.07	John Hawkins	60	02/03/10	Kamloops, BC	
M65	11.88	Marek Glowacki	69	03/03/10	Kamloops, BC	
M70	9.91	Andy Aadmi	74	03/03/10	Kamloops, BC	
M80	11.45	Rainer Sillantaus	80	03/03/10	Kamloops, BC	CR
M85	5.38	William Falconer	89	03/03/10	Kamloops, BC	
W35	11.25	Pina Russo	35	03/03/10	Kamloops, BC	CR
W45	9.54	Carolyn Boomer	46	03/03/10	Kamloops, BC	
W60	9.27	Gabriella Moro	63	03/03/10	Kamloops, BC	
W65	6.80	Sandy Anderson	69	03/03/10	Kamloops, BC	
W75	6.43	Myrtle Acton	77	03/03/10	Kamloops, BC	
W90	4.90	Olga Kotelko	91	03/03/10	Kamloops, BC	WR

WEIGHT THROW

M55	11.81	Donald Brodeur	58	06/03/10	Kamloops, BC	
M60	15.15	John Hawkins	60	06/03/10	Kamloops, BC	
M75	9.31	Udo Grady	75	06/03/10	Kamloops, BC	
W35	8.52	Tatiana Little	39	05/03/10	Kamloops, BC	
W65	8.49	Sandy Anderson	69	05/03/10	Kamloops, BC	
W75	7.39	Myrtle Acton	77	05/03/10	Kamloops, BC	CR
W90	6.32	Olga Kotelko	91	05/03/10	Kamloops, BC	WR

PENTATHLON

M40	2827	Gary Silvester	41	01/03/10	Kamloops, BC (10.31/619, 5.30/561, 10.37/525, 1.57/569, 3:22.95/553)	
M60	4090	John Hawkins	60	02/03/10	Kamloops, BC (10.78/726, 4.85/811, 13.07/888, 1.64/1041, 3:52.15/624)	CR
M65	2931	Barry Adams	67	02/03/10	Kamloops, BC (14.05/418, 3.71/537, 8.77/661, 1.14/512, 3:38.24/803)	
M80	2627	Danny Daniels	81	02/03/10	Kamloops, BC (14.52/724, 2.70/487, 7.87/617, 1.05/714, 7:04.80/85)	CR
W40	2073	Iuliana Kroeger	41	01/03/10	Kamloops, BC (11.27/653, 1.31/555, 6.71/390, 3.59/296, 3:29.17/179)	

HEPTATHLON

M60	5147	John Hawkins	60	30-31/01/10	Kenosha, WI (9.01/729, 5.04/876, 11.98/803, 1.49/840, 11.25/642, 3.00/740, 4:06.90/517)	CR
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3.35# Not a BC record (BC record held by Warren Hamill at 3.40m).

CR Betters listed Canadian record

CR** Warren Hamill has vaulted **3.40m** twice at age 62. He has not applied for the Canadian record.

WR World record (Olga set 7 indoor and one outdoor world record at WMA Champions in Kamloops, plus one relay record)

******* Not a BC record because one member of each relay team was not a BC resident.