

2016 NEW BC MASTERS OUTDOOR TRACK AND FIELD RECORDS
 (56 BC, 18 CR, 0 WR) *to Dec 31, 2016

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE	
100M	1:25.21 -0.9	Nihal Gill	101	29/08/16	Vancouver, BC	CR
200M						
M35	23.79 1.2	Will Harrower (no previously listed M35 record)	35	20/05/07	Kamloops, BC	
M70	29.36 0.7	Tom Ukonmaanaho	71	24/09/16	Coquitlam, BC	
W65	33.27 -2.1	Urith Hayley	65	30/08/16	Vancouver, BC	
1500						
M55	4:32.78	Mark Pinckard	56	09/07/16	Burnaby, BC	
W55	5:23.08	Susan Gordon	56	24/09/16	Coquitlam, BC	
MILE						
M50	4:35.89	Colin Dignum	50	12/06/16	Eugene, OR	CR p
3000M						
M50	9:18.80	Colin Dignum	50	14/05/16	Victoria, BC	
W60	12:46.39	Wendy Armstrong-Taylor	60	14/05/16	Kamloops, BC	CR
5000M						
M50	15:49.60	Colin Dignum	50	30/04/16	Bellingham, WA	
W60	21:29.86	Wendy Armstrong-Taylor	60	02/07/16	Kelowna, BC	
SPRINT HURDLES						
M70	15.86 0.4	Jess Brewer	70	22/09/16	Coquitlam, BC	
W60	16.95 0.9	Margaret Rhebergen	61	23/09/16	Coquitlam, BC	
W65	17.37 -1.9	Urith Hayley	65	28/08/16	Vancouver, BC	
LONG HURDLES						
M80	57.96 -1.6	Andy Aadmi	80	30/08/16	Vancouver, BC	
STEEPLECHASE						
M55	13:19.15	Keith Wakelin	57	30/08/16	Vancouver, BC	
M60	7:54.67	Reidar Zapf-Gilje	64	09/07/16	Burnaby, BC	
M65	9:43.58	Neil Wakelin	69	30/08/16	Vancouver, BC	
W50	8:41.67	Leslie Stevens	50	30/08/16	Vancouver, BC	CR
4 x 100M RELAY						
M35	46.04	Brian Carnate (38), Luke Wang (44) Sam Walker (44), Marvin Johnson (42)		09/07/16	Burnaby, BC	
W55	1:00.25	Urith Hayley(65), Cindy O'Brien(57) Patty Szybunka(58), Elaine Whidden(61)		09/07/16	Burnaby, BC	
W65	1:06.56	Deborah Lee(66), Urith Hayley(65) Karen Shook(66), Sandi Bissessur(66)		30/08/16	Vancouver, BC	CR
4 x 400M RELAY						
M50	4:11.46	Alex Galo (50), Alvaro Galo (51) Mark Phillips (51), Mark Pinckard (56)		05/07/16	Surrey, BC	
M65	5:42.17	Sewa Birring (70), Hardev Sandhu (67) David Walker (66), Bill McNamara (75)		24/09/16	Coquitlam, BC	
M70	4:53.44	Tom Ukonmaanaho(71), Sewa Birring(70) Jess Brewer(70), Mark Stewart(72)		30/08/16	Vancouver, BC	CR
W50	5:00.79	Kristin Burris(51), Linda Ordowski(56) Cindy O'Brien Hugh(58), Leslie Stevens(50)		30/08/16	Vancouver, BC	
W55	5:33.47	Marie Johnson(63), Linda Ordowski(56) Valerie Scott (61), Elaine Whidden (61)		24/09/16	Coquitlam, BC	CR
W60	5:19.48	Coleen Ross(64), Marie Johnson(63) Valerie Scott(61), Elaine Whidden(61)		30/08/16	Vancouver, BC	CR
4x800M RELAY						
M55	10:15.12	Keith Wakelin(57), Wayne Crowe (60) Michael Lax (59), Danny Keyes (55)		23/07/16	Victoria, BC	CR

LONG JUMP

W55	4.21	1.7	Miriam Cavani	55	02/07/16	Kelowna, BC
W60	3.86	0.6	Margaret Rhebergen	61	02/07/16	Kelowna, BC
W65	3.66	0.7	Deborah Lee	66	02/07/16	Kelowna, BC

TRIPLE JUMP

M70	8.38	0.0	Harnek Toor	70	29/08/16	Vancouver, BC
W60	8.24	-0.6	Margaret Rhebergen	61	22/09/16	Coquitlam, BC

POLE VAULT

W50	2.90		Nancy Craig	50	07/05/16	Victoria, BC	CR
W60	1.70		Nola Hendrie	60	10/07/16	Burnaby, BC	
W75	1.05		Virginia Hoover	75	29/08/16	Vancouver, BC	CR

SHOT PUT

M85	10.09		Rainer Sillantaus	86	24/09/16	Coquitlam, BC
W55	10.47		Monica Pomietlarz	57	03/07/16	Kelowna, BC

JAVELIN THROW

W65	26.65		Marilyn Benz	66	18/06/16	Langley, BC	CR
W70	23.48		Marg Radcliffe	74	27/08/16	Vancouver, BC	CR

HAMMER THROW

M75	36.19		Marek Glowacki	75	01/07/16	Kelowna, BC	
W35	50.74		Hardeep Kaur	39	03/07/16	Kelowna, BC	CR

WEIGHT THROW

M40	15.78		Glenn McAtee	43	06/03/16	Marietta, GA
M50	13.92		Andrew Arthur	54	07/08/16	Surrey, BC

THROWS PENTATHLON

M75	3958		Marek Glowacki	75	30/08/16	Vancouver, BC	CR
(33.53/764, 12.14/912, 32.46/798, 28.70/653, 13.58/831)							

PENTATHLON

W60	3097		Margaret Rhebergen	61	23/09/16	Coquitlam, BC	
(16.95 0.9/616, 1.23/842, 6.45/509, 3.81 2.0/694, 3:40.02/436)							

DECATHLON

W60	3393		Nola Hendrie	60	06-07/08/16	Shoreline, WA	CR
(18.30/-0.9, 13.76, 1.65, 13.30, 1:44.24 & 21.00/-0.4, 2.91/0.5, 5.96, 0.99, 8:32.71) (471, 313, 368, 316, 107 & 236, 352, 460, 470, 300)							

1500M RACE WALK

M70	10:34.47		Harnek Toor	70	02/07/16	Kelowna, BC
W60	9:36.29		Suzanne Sharp	62	23/07/16	Tumwater, WA

3000M RACE WALK

M40	13:06.00		Dmitry Babenko	43	01/07/16	Kelowna, BC	CR
W60	19:49.53		Suzanne Sharp	62	01/07/16	Kelowna, BC	

5000M RACE WALK

M40	22:15.37		Dmitry Babenko	43	26/10/16	Perth, AUS
M70	38:07.70		Arthur Gee	72	29/08/16	Vancouver, BC

10000M RACEWALK

M40	48:00.35		Dmitry Babenko	43	09/07/16	Edmonton, AB	CR
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5K ROAD WALK

W60	36:20		Suzanne Sharp	62	10/09/16	Edmonton, AB
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20K ROAD WALK

M40	1:37:28		Dmitry Babenko	43	04/11/16	Perth, AUS
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CR Betters listed Canadian record

p pending ratification (Dmitry at WMA Championships)