

**B. C. MASTERS TRACK AND FIELD RECORDS**  
**NEW RECORDS SET IN 2003 (66 BC + 1 tie, ?? CR, ?? WR)**

**GREYHOUNDS IN RED**

<b>100M</b>	<b>RECORD</b>	<b>RECORD HOLDER</b>	<b>AGE</b>	<b>DATE</b>	<b>VENUE</b>	
M40	11.10 2.0	David Lee Provo	40	16/08/03	Richmond, BC	
M50	11.87 1.1	Tom Dickson	50	05/07/03	Carolina, PR	
M60	12.43 -2.0	Harold Morioka	60	21/06/03	Eugene, OR	<b>CR</b>
M65	13.81 1.2	Doug Fraser	65	16/08/03	Richmond, BC	
M80	16.85 1.6	Harry Thompson	80	16/08/03	Richmond, BC	
M85	23.65 0.0	Bill Makarenko	86	04/09/03	Chilliwack, BC	
W60	15.40 -2.5	Marg Radcliffe	61	21/06/03	Eugene, OR	
<b>200M</b>						
M40	22.47 -2.1	David Lee Provo	40	17/08/03	Richmond, BC	
M60	25.36 1.4	Harold Morioka	60	22/06/03	Eugene, OR	<b>CR</b>
M65	28.35 -3.5	Doug Fraser	65	17/08/03	Richmond, BC	
M80	34.96 -2.2	Harry Thompson	80	17/08/03	Richmond, BC	
W60	32.42 0.4	Marg Radcliffe	61	05/06/03	Norfolk, VA	
<b>400M</b>						
M60	55.04	Harold Morioka	60	21/06/03	Eugene, OR	<b>CR</b>
M85	1:45.43	Les Leyland	86	09/08/03	Eugene, OR	
<b>800M</b>						
M60	2:12.33	Harold Morioka	60	24/06/03	Burnaby, BC	<b>CR</b>
M65	2:30.19	Steve Odwin	66	14/06/03	Langley, BC	
M85	4:15.93	Les Leyland	86	08/07/03	Carolina, PR	
W50	2:16.62	Maureen de St. Croix	50	17/06/03	Burnaby, BC	<b>CR</b>
<b>1500M</b>						
W50	4:40.92	Maureen de St. Croix	50	15/06/03	Langley, BC	<b>CR</b>
<b>MILE</b>						
W50	5:02.80	Maureen de St. Croix	50	04/06/03	Richmond, BC	<b>CR</b>
<b>5000M</b>						
M85	32:05.25	Les Leyland	86	07/08/03	Eugene, OR	<b>CR</b>
W40	16:55.1	Nancy Tinari	44	24/06/03	Burnaby, BC	
W70	23:43.35	Lenore Montgomery	73	04/09/03	Chilliwack, BC	<b>CR</b>
<b>10000M</b>						
M70	44:00.30	Maurice Tarrant	73	16/08/03	Richmond, BC	
<b>SPRINT HURDLES</b>						
M60	19.59 -2.4	Tony Badowski	60	14/06/03	Langley, BC	
W50	15.83 1.9	Nancy Cochrane	51	16/08/03	Richmond, BC	
<b>INTERMEDIATE HURDLES</b>						
M60	45.33	Harold Morioka	60	05/07/03	Carolina, PR	<b>CR</b>
<b>STEEPLECHASE</b>						
M50	12:03.56	Reidar Zapf-Gilje	51	17/08/03	Richmond, BC	
W50	10:31.69	Nancy Cochrane	51	13/07/03	Carolina, PR	
<b>4 x 100M RELAYS</b>						
M40	47.11	G Kuno (42), D Provo (40) B Cheng (43), N Chin-Aleong (49)		16/08/03	Richmond, BC	
M75	1:06.30	H Thompson (80), D McKie (78) J Sargent (80), L Robson (76)		06/09/03	Chilliwack, BC	
W40	54.70	M Delmonico (42), K Sieben (40) H Santamaria (40), P Rogers (43)		16/08/03	Richmond, BC	

**LONG JUMP**

M70	3.83	0.0	Adrian Meeuwissen	73	04/09/03	Chilliwack, BC
M80	3.01	0.1	Harry Thompson	80	04/09/03	Chilliwack, BC
M85	1.87	0.1 tie	Bill Makarenko	86	04/09/03	Chilliwack, BC

**TRIPLE JUMP**

M65	7.75	0.0	Les Friesen	66	17/08/03	Richmond, BC
M80	6.43	0.8	Harry Thompson	80	15/06/03	Langley, BC
W60	6.56	-0.8	Virginia Hoover	62	17/08/03	Richmond, BC

**HIGH JUMP**

M70	1.25		Keith Taylor	70	05/09/03	Chilliwack, BC
	1.25		Ed Collinson	70	05/09/03	Chilliwack, BC
M80	1.09		Harry Thompson	80	06/07/03	Carolina, PR
W50	1.27		Nancy Cochrane	51	16/08/03	Richmond, BC

**POLE VAULT**

M55	3.50		Warren Hamill	57	09/07/03	Carolina, PR
M65	2.75		Gerard Dumas	68	27/09/03	Victoria, BC
W60	1.56		Sandy Anderson	63	06/09/03	Chilliwack, BC

**SHOT PUT**

M60	12.56		Mike Woodworth	61	17/08/03	Richmond, BC
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M70	11.52		Rainer Sillantaus	73	17/08/03	Richmond, BC
M80	7.75		Wolfgang Rost	80	04/09/03	Chilliwack, BC
W50	7.68		Robyn Janssens	50	17/08/03	Richmond, BC
W55	8.42		Amelie Koloska	58	05/09/03	Chilliwack, BC
W70	6.79		Myrtle Acton	70	05/09/03	Chilliwack, BC

**DISCUS**

M60	41.75		Mike Woodworth	61	17/08/03	Richmond, BC
M80	21.23		Wolfgang Rost	80	05/09/03	Chilliwack, BC
W70	17.86		Myrtle Acton	70	06/09/03	Chilliwack, BC

**JAVELIN**

M40	52.50		Kevin Morgan	40	06/07/03	Burnaby, BC
M70	35.09		Rainer Sillantaus	73	16/08/03	Richmond, BC
M80	22.10		Wolfgang Rost	80	06/09/03	Chilliwack, BC
W50	17.12		Nancy Cochrane	50	14/06/03	Langley, BC
W60	34.47		Marg Radcliffe	61	10/05/03	Nanaimo, BC
W70	16.28		Myrtle Acton	70	06/09/03	Chilliwack, BC

**CR****HAMMER**

M45	43.70		Cory Holly	45	15/06/03	Langley, BC
M55	40.55		Steve James	56	15/06/03	Langley, BC
W40	22.03		Denise Clements	42	16/08/03	Richmond, BC
W50	23.93		Robyn Janssens	50	16/08/03	Richmond, BC

**WEIGHT THROW**

M55	7.87		Jim Cummins	57	16/08/03	Richmond, BC
W60	7.79		Virginia Hoover	62	16/08/03	Richmond, B
W75	6.10		Doreen McLeod-Smith	78	16/08/03	Richmond, BC

**WEIGHT PENTATHLON**

W75	2330		Doreen McLeod-Smith	78	11/07/03	Carolina, PR
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**NOTE:** In 2003, Canadian and World records were not indicated. Probably about 20 Canadian Outdoor records were broken by BC athletes in 2003. Harold Morioka broke 5 Outdoor Canadian (above) and 4 Indoor Canadian records in the 60m, 200m, 400m and 800m. Harold broke the WR in the Indoor 200m, 400m and 800m. He was also on relay teams that broke the CR in the 4x100m and 4x400m. Maureen de St. Croix broke 3 Canadian Outdoor records. Unsure which other BC records were also Canadian records.