

## BC MASTERS OUTDOOR TRACK AND FIELD RECORDS NEW RECORDS SET IN 2010 (69 BC +2 tie, 35 CR +1 tie, 3 WR)

*Note: As of May 01, 2010, the W75 + used the lighter implements in the hammer, shot and discus.  
(Two sets of records will be kept for 5 years).*

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE	
<b>100M</b>						
M55	12.01-1.4	Tom Dickson	57	23/07/10	Sacramento, CA	CR
M80	16.11-0.6	Norm Lesage	80	10/07/10	Burnaby, BC	
W75	17.90 -0.9	Louise Reed	75	16/09/10	Courtenay, BC	CR
<b>200M</b>						
M80	34.37-3.0	Norm Lesage	80	19/06/10	Langley, BC	
W75	38.590.3	Louise Reed	75	17/09/10	Courtenay, BC	CR
<b>800M</b>						
W35	2:00.08	Diane Cummins	36	14/08/10	Kessel-Lo, BEL	CR
<b>1500M</b>						
M70	5:20.57	Herb Phillips	70	25/07/10	Sacramento, CA	
M80	6:37.9 (h)	Maurice Tarrant	80	26/06/10	Victoria, BC	CR
W80	8:14.37	Lenore Montgomery	80	17/09/10	Courtenay, BC	CR
<b>MILE</b>						
M55	4:54.72	Paul Reimer	55	20/07/10	Burnaby, BC	CR
M70	5:48.6 (h)	Herb Phillips	70	17/07/10	Victoria, BC	CR
M80	7:14.7 (h)	Maurice Tarrant	80	17/07/10	Victoria, BC	CR
<b>3000M</b>						
M55	9:47.62	Paul Reimer	55	06/07/10	Burnaby, BC	
M70	11:11.88	Herb Phillips	70	27/07/09	Burnaby, BC	
M80	14:07.0 (h)	Maurice Tarrant	80	15/05/10	Victoria, BC	CR
<b>5000M</b>						
M70	19:29.08	Herb Phillips	70	22/07/10	Sacramento, CA	
M80	24:16.4(h)	p? Maurice Tarrant	80	21/08/10	Victoria, BC	CR??
W80	28:18.54	Lenore Montgomery	80	16/09/10	Courtenay, BC	CR
<i>(Les Leyland's record time of 23:36.37 is questionable)</i>						
<b>10000M</b>						
M70	40:02.31	Herb Phillips	70	24/07/10	Sacramento, CA	
<b>4 X 100M RELAY</b>						
M35	49.42	Will Harrower (38), Charles Oamen (36) Sam Walker (38), Ben Afful (39)		20/06/10	Langley, BC	
M65	54.17	Tony Badowski (67), Lee Southern (65) Harold Morioka (67), Tom Ukonmaanaho (65)		20/06/10	Langley, BC	CR
M80	1:14.61	Les Robson (83), Isaac Thiessen (81) Norm Lesage (80), Adrian Meeuwissen (80)		16/09/10	Courtenay, BC	CR
W70	1:12.01	Diane Palmason (72), Gerda Crosthwaite (71) Louise Reed (75), Christa Bortignon (73)		16/09/10	Courtenay, BC	CR
<b>LONG JUMP</b>						
M60	5.13 1.6	John Hawkins	61	19/06/10	Joplin, MO	
W55	4.02 1.2	Margaret Rhebergen	55	17/09/10	Courtenay, BC	
W70	3.41 -0.2	Christa Bortignon	73	17/09/10	Courtenay, BC	CR
<b>TRIPLE JUMP</b>						
M45	12.70 0.7	Hugh Maguire	46	25/07/10	Sacramento, CA	CR
M80	6.62 0.2	Larry Chalmers	81	17/09/10	Courtenay, BC	
W40	7.80 -0.1	Iuliana Kroeger	41	20/06/10	Langley, BC	
W55	8.04 -0.2	Margaret Rhebergen	55	20/06/10	Langley, BC	
W60	7.06 -0.4	Betsy Rollins	60	17/09/10	Courtenay, BC	
W70	7.30 0.0	Christa Bortignon	73	18/07/10	Toronto, ON	CR

**HIGH JUMP**

M60	1.70	John Hawkins	61	19/06/10	Joplin, MO	<b>CR</b>
M70	1.27 (tie)	Les East	71	05/09/10	St. George, UT	
W55	1.30	Margaret Rhebergen	55	18/09/10	Courtenay, BC	<b>CR (tie)</b>
W70	1.17	Sandy Anderson	70	18/09/10	Courtenay, BC	

**POLE VAULT**

M75	2.22	Gerard Dumas	75	08/05/10	Victoria, BC	
W40	2.15	Nancy Craig	44	08/10/10	Victoria, BC	
W50	1.20 (tie)	Anne Murfitt	50	19/06/10	Langley, BC	
W55	2.00	Margaret Rhebergen	55	16/09/10	Courtenay, BC	
W70	1.50	Sandy Anderson	70	23/07/10	Sacramento, Ca	<b>CR</b>

**SHOT PUT**

M80	11.40	Rainer Sillantaus	80	20/06/10	Langley, BC	<b>CR</b>
M95	4.84	Jim Murray	95	15/09/10	Courtenay, BC	<b>CR</b>
W60	9.33	Rose Hare	61	06/07/10	Burnaby, BC	
W90	5.43 <b>2kg</b>	<b>Olga Kotelko</b>	91	17/09/10	Courtenay, BC	<b>WR (2kg)</b>

**DISCUS**

M35	36.15***	John Saari	36	02/03/10	Kamloops, BC	
M55	45.23	Don Allemeersch	56	19/06/10	Langley, BC	<b>CR</b>
M80	25.91	Rainer Sillantaus	80	19/06/10	Langley, BC	
M95	14.06	Jim Murray	95	16/09/10	Courtenay, BC	<b>CR</b>
W35	35.10	Pina Russo	35	02/03/10	Kamloops, BC	
W50	22.19	Linda Keatley-Campbell	53	02/03/10	Kamloops, BC	
W60	25.35	Rose Hare	61	19/06/10	Langley, BC	

**JAVELIN**

M65	44.60	Victor Njume	67	16/09/10	Courtenay, BC	<b>CR</b>
M80	30.61	Rainer Sillantaus	80	19/06/10	Langley, BC	<b>CR</b>
M95	9.80	Jim Murray	95	19/06/10	Langley, BC	<b>CR</b>
W70	20.59	Gerda Crosthwaite	71	16/09/10	Courtenay, BC	

**HAMMER**

M50	47.83	Mike Duffala	54	26/06/10	Courtenay, BC	
M95	13.40	Jim Murray	95	18/06/10	Langley, BC	<b>CR</b>
W35	39.14	Pina Russo	35	04/03/10	Kamloops, BC	
W75	21.58 <b>2kg</b>	<b>Mae Turek</b>	78	18/09/10	Courtenay, BC	<b>CR (2kg)</b>
W90	13.92 <b>3kg</b>	<b>Olga Kotelko</b>	91	04/03/10	Kamloops, BC	<b>WR (3kg)</b>
W90	14.81 <b>2kg</b>	<b>Olga Kotelko</b>	91	18/09/10	Courtenay, BC	<b>WR (2kg)</b>

**WEIGHT THROW**

M55	13.96	<b>Dave McDonald</b>	56	15/09/10	Courtenay, BC	
M65	11.60	Ken Townsend	65	15/09/10	Courtenay, BC	
M95	5.54	Jim Murray	95	15/09/10	Courtenay, BC	<b>CR</b>
W60	12.05	Rose Hare	62	15/09/10	Courtenay, BC	
W70	8.64	Sandy Anderson	70	15/09/10	Courtenay, BC	
W75	9.44 <b>4kg</b>	Myrtle Acton	77	15/09/10	Courtenay, BC	<b>CR (4kg)</b>
W90	7.90 <b>4kg</b>	<b>Olga Kotelko</b>	91	17/09/10	Courtenay, BC	<b>WR (4kg)</b>

**WEIGHT PENTATHLON**

M65	3035 pts	Ken Townsend	65	21/08/10	Seattle, WA	
		(28.50/541, 9.40/654, 34.43/666, 31.95/587, 11.12/587)				
W60	3376 pts	Rose Hare	62	17/09/10	Courtenay, BC	<b>CR</b>
		(29.45/826, 8.51/712, 23.57/608, 19.42/475, 11.78/755)				
W70	3200 pts	Sandy Anderson	70	17/09/10	Courtenay, BC	
		(21.13/722, 7.10/739, 18.43/612, 15.50/485, 8.48/642)				

**WR** World record**CR** Canadian record**CR??** Possible Canadian record**p** pending record application form.

\*\*\* BC M35 records incomplete

# ROAD BESTS IN 2010

-by Jake Madderom

5K	23:37	<b>Maurice Tarrant</b>	80	07/03/10	Sidney (Bazan Bay)	<b>CR</b>
8K	38:15		80	10/01/10	Saanichton (Pioneer)	<b>CR</b>
10K	48:23		80	24/01/10	Cobble Hill	
	50:56		80	18/04/10	Sooke	
	<b>47:51</b>		80	25/04/10	Victoria (Times Colonist)	<b>CR</b>
12K	59:53	(no records kept for 12K)		07/02/10	Nanaimo (Cedar)	
15K	1:13:28	(no BC records kept for 15K)		04/04/10	Merville	<b>WR</b>
Half	1:51:30		80	21/03/10	Courtenay (Comox Half)	<b>CR</b>
10K	41:00	<b>Herb Phillips</b>	70	15/08/10	Richmond (Olympic Oval)	
15K	1:03:31	(no BC records kept for 15K)		11/09/10	Bellingham	
Half	1:30:33		70	08/08/10	Delta Half Marathon	
Marathon	3:06:08		70	10/10/10	Victoria Marathon	
5K	36:04	<b>Jim Sargent</b>	87	07/03/10	Sidney (Bazan Bay)	<b>CR</b>
8K	1:03:17		87	10/01/10	Saanichton (Pioneer)	<b>CR</b>
Half	1:52:23	<b>Gwen McFarlan</b>	76	02/05/10	Vancouver	<b>(single-age WR)</b>
Marathon	4:02:27		76	10/10/10	Victoria Marathon	<b>(single-age WR)</b>
Half	2:23:08	<b>Betty J McHugh</b>	82	02/05/10	Vancouver	<b>(single-age WR)</b>
10K	1:01:29	<b>Lenore Montgomery</b>	80	18/09/10	Courtenay ( BC Sr Games)	<b>CR</b>
10K	38:47	<b>Annette O'Brien</b>	<b>50?</b>	17/07/10	Summerfast	
Half	1:26:06			10/10/10	Victoria Marathon	