

# BC MASTERS OUTDOOR TRACK AND FIELD RECORDS

## NEW RECORDS SET IN 2011 (65 BC, 34 CR, 1 WR)

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

<u>AGE RECORD</u>	<u>RECORD HOLDER</u>	<u>AGE</u>	<u>DATE</u>	<u>VENUE</u>	
<b>100M</b>					
M80	15.97 0.1	Norm Lesage	81	18/08/11	Trail, BC
W70	15.86 0.3	Christa Bortignon	74	18/08/11	Trail, BC <b>CR</b>
<b>200M</b>					
M80	33.61 -0.6	Norm Lesage	81	10/07/11	Burnaby, BC
<b>400M</b>					
M75	1:10.54	Andy Aadmi	75	16/07/11	Sacramento, CA
W80	1:56.16	Lenore Montgomery	81	18/08/11	Trail, BC <b>CR</b>
<b>800M</b>					
M45	2:00.24	Warren McCulloch	45	17/07/11	Coquitlam, BC
W80	4:00.53	Lenore Montgomery	81	11/07/11	Sacramento, CA <b>CR</b>
<b>1500M</b>					
W80	8:07.29	Lenore Montgomery	81	19/08/11	Trail, BC <b>CR</b>
<b>3000M</b>					
W60	13:32.1 p	Marcia Stromsmoe	62	10/07/11	Victoria, BC
<b>5000M</b>					
M45	15.22.4	Colin Dignum	45	19/06/11	Victoria, BC <b>CR</b>
W80	29:00.24**	Lenore Montgomery	81	18/08/11	Trail, BC <b>CR**</b>
<b>SPRINT HURDLES</b>					
M40	15.49 -0.0	Tim Kroeker	40	18/06/11	Langley, BC
M65	18.90 -2.4	Jess Brewer	65	16/07/11	Sacramento, CA <b>CR</b>
W70	20.20 -0.2	Christa Bortignon	74	06/07/11	Sacramento, CA <b>CR</b>
<b>LONG HURDLES</b>					
M65	50.02	Jess Brewer	65	11/07/11	Sacramento, CA
M75	55.87	Andy Aadmi	75	11/07/11	Sacramento, CA
W70	43.71 -0.3	Christa Bortignon	74	31/07/11	Berea, OH <b>CR</b>
<b>4 X 100M RELAY</b>					
M35	46.19	Paul Tshinyama (40), Charles Oamen (37) Gary Silvester (42), Randall Sheldon (39)		19/06/11	Langley, BC
W60	1:04.97	Betsy Rollins (61), Urith Hayley (60) Gerda Crosthwaite (72), Christa Bortignon (74)		18/08/11	Trail, BC <b>CR*</b>
<b>4 x 800M RELAY</b>					
M50	9:24.47	Kevin Searle (50), Garth Campbell (51) Peter Holmes (50), Mark Pinckard (51)		14/05/11	Victoria, BC <b>CR</b>
<b>LONG JUMP</b>					
W70	3.48 0.0	Christa Bortignon	74	15/09/11	Lignano, ITA <b>CR</b>
<b>TRIPLE JUMP</b>					
M80	7.19 0.6	Gordon Chalmers	82	19/08/11	Trail, BC
W60	7.54 1.7	Betsy Rollins	61	17/06/11	Humble, TX
W70	7.87 0.9	Christa Bortignon	74	19/08/11	Trail, BC <b>CR</b>
<b>HIGH JUMP</b>					
M65	1.36	Mike Townley	68	20/08/11	Trail, BC
M75	1.24	Keith Taylor	78	20/08/11	Trail, BC
W70	1.20	Sandy Anderson	71	13/07/11	Sacramento, CA <b>CR</b>
<b>POLE VAULT</b>					
W45	2.30	Nancy Craig	45	18/06/11	Langley, BC
W70	1.55	Sandy Anderson	71	18/08/11	Trail, BC <b>CR</b>
<b>SHOT PUT</b>					
M70	14.03	Marek Glowacki	70	18/06/11	Zielona Gora, POL <b>CR</b>
W45	10.11	Carolynn Boomer	47	05/06/11	Kamloops, BC <b>CR</b>

W50	9.53	Denise Clements	50	19/06/11	Langley, BC	
W75	8.20 2kg	Myrtle Acton	78	19/08/11	Trail, BC	CR
<b>DISCUS</b>						
M70	40.55	Marek Glowacki	70	21/05/11	Lagiewniki, POL	CR
W50	24.12	Denise Clements	50	28/05/11	Nanaimo, BC	
W60	26.39	Gabriella Moro	64	11/06/11	Coquitlam, BC	
<b>JAVELIN</b>						
M40	68.14	Erin Bevins	40	18/06/11	Courtenay, BC	CR
M70	38.09	Marek Glowacki	70	17/07/11	Sacramento, CA	
M80	32.37	Rainer Sillantaus	81	11/07/11	Sacramento, CA	CR
W45	26.03	Georgina Titus	46	18/06/11	Langley, BC	
W70	21.68	Gerda Crosthwaite	72	18/08/11	Trail, BC	
<b>HAMMER</b>						
M70	42.74	Marek Glowacki	70	16/07/11	Sacramento, CA	
W50	37.75	Denise Clements	50	12/07/11	Sacramento, CA	CR
W55	28.46	Laurel Hunt	57	20/08/11	Trail, BC	CR
W60	32.30	Rose Hare	62	28/06/11	Surrey, BC	CR
W65	25.18	Kathy Brand	69	20/08/11	Trail, BC	CR
W75	26.08 2kg	Myrtle Acton	78	19/08/11	Trail, BC	CR
W90	16.71 2kg	Olga Kotelko	92	08/07/11	Sacramento, CA	WR
<b>WEIGHT THROW</b>						
M55	14.21	Dave McDonald	57	26/07/11	Surrey, BC	
M65	12.65	Ken Townsend	66	26/07/11	Surrey, BC	
M70	16.64	Marek Glowacki	70	04/06/11	Stargard Szczecinski, POL	
M75	12.86	Andy Aadmi	75	12/07/11	Sacramento, CA	
W50	12.52	Denise Clements	50	11/07/11	Sacramento, CA	CR
W75	10.454kg	Myrtle Acton	78	19/08/11	Trail, BC	CR
<b>WEIGHT PENTATHLON</b>						
M65	3138 pts	Ken Townsend (29.64/568, 9.90/696, 34.81/675, 30.66/557, 12.99/642)	66	05/06/11	Sidney, BC	
M70	4298 pts	Marek Glowacki (37.81/796, 13.20/961, 38.29/848, 38.09/798, 15.59/895)	70	17/07/11	Sacramento, CA	CR
W50	3115 pts	Denise Clements (36.40/860, 9.35/647, 21.69/434, 19.93/405, 12.25/769)	50	05/06/11	Sidney, BC	CR
W75	3983 pts	Myrtle Acton (26.08/979, 8.20/862, 17.81/623, 17.55/667, 10.45/852)	78	19/08/11	Trail, BC	CR
<b>PENTATHLON</b>						
W70	3348 pts	Christa Bortignon (20.76 (-0.7)/620, 1.06/818, 5.92/594, 3.36 (0.6)/756, 3:58.68/560)	74	28/07/11	Berea, OH	CR
<b>HEPTATHLON</b>						
W70	4840 pts	Christa Bortignon (20.20 (-0.2)/674, 1.09/879, 6.20/628, 34.68 (1.0)/931, 3.33 (3.0)/741, 10.33/294, 3:42.20/693)	74	06-07/07/11	Sacramento, CA	CR
<b>5K WALK (TRACK)</b>						
W35	26:43.68	Nardene Hammond	39	07/07/11	Sacramento, CA	
W80	43:32.40	Ruth Carrier	80	07/07/11	Sacramento, CA	
<b>10K WALK (ROAD)</b>						
W35	54:09.89	Nardene Hammond	39	12/07/11	Sacramento, CA	
W80	1:27:18.40	Ruth Carrier	80	12/07/11	Sacramento, CA	
<b>20K WALK (ROAD)</b>						
W35	1:53:53.21	Nardene Hammond	39	16/07/11	Sacramento, CA	

**WR** World record

**CR** Canadian record (betters listed record from 2010)

**p** Pending completed record application form, proof of age or ratification by BC Athletics Masters.

**\*\*** Not a BC record. Lenore's BC record (28:18.54) is from last year's BC Seniors Games. (She did not apply for her Canadian record last year).

**CR\*** Surpassed by another relay team at the WMA Championships