

# 2019 NEW B.C. MASTERS OUTDOOR TRACK AND FIELD RECORDS

(69 BC + 1 tie: 2 records pending, 18 CR, 0 WR) + 2 from 2018 \*to Dec 4, 2019

\*\*\* Records not official until approved by the BC Athletics Board.

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE	
<b>100M</b>						
M65	12.95 -0.1	Tom Dickson	66	09/07/19	Surrey, BC	
W60	14.08 1.1	Patty Szybunka	61	20/07/19	Toronto, ON	
<b>200M</b>						
M65	27.78 -0.5	Tom Dickson	66	10/08/19	Seattle, WA	
W60	30.07 -1.0	Patty Szybunka	61	14/06/19	Langley, BC	
<b>400M</b>						
W35	57.84	Robyn Poulin	36	06/06/19	Coquitlam, BC	
<b>1500M</b>						
M55	4:25.70	David Guss	58	30/06/19	Kelowna, BC	<b>CR</b>
<b>MILE</b>						
M55	4:50.34	David Guss	58	24/05/19	Kelowna, BC	
W60	6:24.46	Adele Wilson	62	31/08/19	Vancouver, BC	
W70	7:33.50	Deanna Clark	71	31/08/19	Vancouver, BC	
<b>5000M</b>						
M55	16:30.97	David Guss	58	29/06/19	Kelowna, BC	<b>CR</b>
<b>10000M</b>						
W35	31:43.26	Natasha Wodak	37	02/05/19	Palo Alto, CA	<b>CR</b>
<b>SPRINT HURDLES</b>						
M80	18.58 -1.4	Lynn Thompson	80	14/09/19	Kelowna	
W40	14.01 -1.6	Jeannette Van Den Bulk	42	15/06/19	Langley, BC	
W50	14.02 1.8	Sunette Lessing	51	19/07/19	Toronto, ON	
<b>LONG HURDLES</b>						
M80	40.51 -0.4	Lynn Thompson	80	11/09/19	Kelowna	
W65	1:19.80	Naomi Moriyama	65	11/09/19	Kelowna	
<b>STEEPLECHASE</b>						
M50	11:24.20	Dave Cressman	50	08/06/19	Coquitlam, BC	
<b>LONG JUMP</b>						
M35	6.15 0.0 P	Dwight Liburd	36	04/05/19	Kamloops, BC	
M35	6.11* 1.1	Dwight Liburd	36	19/07/19	Toronto, ON	
	* best jump (6.25) was wind assisted (2.2)					
M90	1.79 1.9	Danny Daniels	90	15/06/19	Langley, BC	
W50	4.67 1.5	Sunette Lessing	51	19/07/19	Toronto, ON	<b>CR</b>
W55	4.35 -1.6	Miriam Cavani	58	29/06/19	Kelowna, BC	<b>CR</b>
W60	4.26 1.7	Patty Szybunka	61	15/06/19	Langley, BC	
<b>TRIPLE JUMP</b>						
M35	12.13 0.7	Dwight Liburd	36	21/07/19	Toronto, ON	
W40	8.89 0.0	Shauna Bunbury	42	22/06/19	Burnaby, BC	
W60	8.46* 1.7	Patty Szybunka	61	21/07/19	Toronto, ON	
	* best jump (8.57) was wind assisted (2.2)					
<b>HIGH JUMP</b>						
M80	1.15 tie	Karl Mey	82	05/07/19	Ste-Therese, QC	
M85	1.11	Keith Taylor	86	14/09/19	Kelowna	<b>CR</b>
W55	1.44	Miriam Cavani	58	15/06/19	Langley, BC	<b>CR</b>
W60	1.40	Monica Pomietlarz	60	15/06/19	Langley, BC	<b>CR</b>
<b>POLE VAULT</b>						
W35	3.10	Lindsey Canary	39	22/06/19	Burnaby, BC	
<b>SHOT PUT</b>						
W50	11.25	Julia Hengstler	52	16/06/19	Langley, BC	<b>ties CR</b>
W60	10.03	Monica Pomietlarz	61	13/09/19	Kelowna, BC	
W70	8.30	Rose Hare	70	26/05/19	Langley, BC	
W80	7.38	Gerda Crosthwaite	80	13/09/19	Kelowna	
W85	6.72	Myrtle Acton	86	16/06/19	Langley, BC	<b>CR</b>

**DISCUS**

W70	23.56	Rose Hare	70	26/05/19	Langley, BC	
W85	17.23	Myrtle Acton	86	12/09/19	Kelowna	<b>CR</b>

**JAVELIN THROW**

W45	30.63	Nicole Carlos	45	21/07/19	Toronto, ON	
W60	28.83	Monica Pomietlarz	60	15/06/19	Langley, BC	

**HAMMER THROW**

M60	48.60	Michael Houser	61	24/08/19	Vernon, BC	
M80	36.21	Bakhshish Dhillon	81	20/07/19	Toronto, ON	
M90	19.03	Larry Chalmers	90	11/09/19	Kelowna	
W45	36.35	Nicole Carlos	45	18/07/19	Toronto, ON	
W55	36.77	Nancy Smith	55	07/04/19	Surrey, BC	
W70	30.35	Rose Hare	70	28/04/19	Langley, BC	<b>CR</b>
W75	30.18	Kathy Brand	76	04/05/19	Kamloops, BC	
W85	21.04	Myrtle Acton	86	14/09/19	Kelowna	<b>CR</b>

**WEIGHT THROW**

M50	14.39	Graham Morfitt	51	11/09/18	Malaga, SPN	
M80	13.98	Bakhshish Dhillon	81	21/07/19	Toronto, ON	
W45	11.04	Nicole Carlos	45	14/06/19	Langley, BC	
W70	11.27	Rose Hare	70	26/05/19	Langley, BC	
W75	10.66	Kathy Brand	76	26/07/19	Lacey, WA	
W85	8.91	Myrtle Acton	86	14/09/19	Kelowna, BC	<b>CR</b>

**SUPERWEIGHT**

W55	6.15	p Nancy Smith	55	28/04/19	Langley, BC	
W70	7.58	Rose Hare	70	28/04/19	Langley, BC	

**THROWS PENTATHLON**

M50	3490	Graham Morfitt	51	13/09/18	Malaga, SPN	
(36.70/570, 10.80/646, 35.80/595, 61.44/972, 13.84/707)						
W45	3181	Nicole Carlos	45	19/07/19	Toronto, ON	<b>CR</b>
(34.24/789, 8.10/508, 29.12/560, 28.91/592, 10.72/732)						
W70	4116	Rose Hare	70	26/05/19	Langley, BC	
(28.77/1047, 8.30/888, 21.60/740, 16.36/559, 11.12/882)						
W85	4279	Myrtle Acton	86	14/09/19	Kelowna	<b>CR</b>
(21.04/1003, 6.45/888, 15.48/793, 13.51/768, 8.91/827)						

**PENTATHLON**

M80	2644	Karl Mey	83	11/09/19	Kelowna	
(3.12,-0.5/630, 15.44/332, 37.21,-0.4/613, 14.32/339, 7:39.85/730)						
W50	3386	Sunette Lessing	51	18/07/19	Toronto, ON	
(15.07 -1.2/651, 1.45/941, 8.70/592, 4.47 -0.1/729, 3:14.17/473)						

**1500M RACE WALK**

W65	9:21.26	Suzanne Sharp	65	21/06/19	Burnaby, BC	
W70	12:18.42	Linda Rondeau	70	13/09/19	Kelowna	
W80	12:06.55	Renate Cheetham	81	12/10/19	Las Vegas, NV	
W85	19:51.31	Myrtle Acton	86	13/09/19	Kelowna	

**3000M RACE WALK**

W80	24:26.72	Renate Cheetham	81	15/06/19	Langley, BC	<b>CR</b>
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**5000M RACE WALK**

W80	41:17.44	Renate Cheetham	81	12/10/19	Las Vegas, NV	
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**5K ROAD WALK**

W65	33:08	Suzanne Sharp	65	07/09/19	Edmonton, AB	
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**50K ROAD WALK**

M45	4:26:07	Dmitry Babenko	46	20/10/19	Hauppauge, NY	<b>CR</b>
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**CR** Betters listed Canadian reco

**p** Pending - Record application form NOT completed or not yet approved by committee.