

2022 ALL NEW BC MASTERS RECORDS

Records after August 12 are pending until approved at the 2023 BC ATHLETICS' AGM

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE	
100M						
W35	tie 13.19 -0.8	Karin Adande	36	26/07/22	Surrey, BC	
W85	18.14 0.0	Christa Bortignon	85	13/08/22	Surrey, BC	WR
M90	22.86 0.0	Joe Giegerich	90	13/08/22	Surrey, BC	CR
200M						
W85	39.58 1.6 CR	Christa Bortignon	85	17/06/22	Prince George, BC	WR x
W85	40.20 0.3 ?	Christa Bortignon	85	27/08/22	Surrey, BC	WR p
M85	39.17 -1.5	Karl Mey	85	03/07/22	Tampere, FIN	
M90	50.19 0.0	Joe Giegerich	90	14/08/22	Surrey, BC	
800M						
M80	3:13.83	Pat Harton	80	31/07/22	Regina, SK	
M85	3:54.86	Karl Mey	85	01/07/22	Tampere, FIN	
1500M						
W55	5:18.40	Carol Montgomery	57	28/08/22	Surrey, BC	
W60	5:39.39	Juliette Christie	60	28/08/22	Surrey, BC	
M60	4:33.19	Mark Pinckard	61	07/07/22	Tampere, FIN	CR
M80	6:36.29	Pat Harton	80	30/07/22	Regina, SK	
M80	6:28.10 p	Pat Harton	81	15/09/22	Victoria, BC	
MILE						
W65	6:38.22	Cindy Rhodes	65	19/07/22	Kelowna, BC	
3000M						
W55	11:19.04	Carol Montgomery	56	14/08/22	Surrey, BC	
W60	11:52.19	Juliette Christie	60	14/08/22	Surrey, BC	
SPRINT HURDLES						
W45	14.14 0.0	Jeannette Van Den Bulk	45	09/07/22	Tampere, FIN	
W60	14.77 0.0	Cindy O'Brien Hugh	64	27/08/22	Surrey, BC	
M70	15.23 0.0	Reidar Zapf-Gilje	70	13/08/22	Surrey, BC	
M75	18.08 0.0	Tom Ukonmaanaho	77	28/08/22	Surrey, BC	
LONG HURDLES						
W45	1:11.38	Jeannette Van Den Bulk	45	30/04/22	Bellingham, WA	CR
W60	1:09.10	Laurie Ritchie	61	31/07/22	Regina, SK	
4x100M						
W60	59.60	Cindy O'Brien Hugh(63), Elaine Whidden(67) Patty Szybunka (64), Patti Rogers (62)		13/08/22	Surrey, BC	
M45	47.54	Brian Carnate (45), Marvin Johnson (48) Sam Walker (51), Andrew Day (47)		28/08/22	Surrey, BC	
4x400M						
W35	5:00.13 (New)	Karin Adande (36), Sheila Gelinias (47) Halimah Beaulieu (40), Marina Khonina (41)		14/08/22	Surrey, BC	
M45	3:56.54	Alex Galo (56), Win Myint (48) Marvin Johnson (48), Sam Walker (51)		14/08/22	Surrey, BC	
M75	5:22.77 (New)	Tom Ukonmaanaho(77), Terry Riggins(75) Fred Pawluk(75), Mark Stewart (78)		14/08/22	Surrey, BC	
M75	5:17.10 p	Tom Ukonmaanaho(77), Fred Pawluk(75) Mark Stewart(78), Terry Riggins(75)		17/09/22	Victoria, BC	
LONG JUMP						
W85	3.03 0.0	Christa Bortignon	85	28/08/22	Surrey, BC	WR
M85	2.77 -0.2	Karl Mey	85	02/07/22	Tampere, FIN	

M70	4.07	0.0 tie p	Reidar Zapf-Gilje	70	19/06/22	Burnaby, BC	
M90	2.09	0.8	Joe Giegerich	90	29/07/22	Regina, SK	
M90	2.09	0.0 tie	Joe Giegerich	90	13/08/22	Surrey, BC	
TRIPLE JUMP							
W85	6.35	1.4	Christa Bortignon	85	18/06/22	Prince George, BC	WR
M65	9.51	0.0 p	Edwin Liu	65	16/09/22	Victoria, BC	
M70	8.60	0.8	Reidar Zapf-Gilje	70	31/07/22	Regina, SK	
M90	4.63	0.2	Joe Giegerich	90	31/07/22	Regina, SK	
HIGH JUMP							
W85	0.95		Christa Bortignon	85	27/08/22	Surrey, BC	WR tie
M70	1.39		Reidar Zapf-Gilje	70	27/08/22	Surrey, BC	
M90	0.85		Joe Giegerich	90	31/07/22	Regina, SK	
POLE VAULT							
W55	2.55 p (no form)		Nancy Craig	56	29/05/22	Nanaimo, BC	
M75	2.35		Tom Ukonmaanaho	77	30/07/22	Regina, SK	
M90	1.12 p		Joe Giegerich	90	16/09/22	Victoria, BC	CR p
SHOT PUT							
W75	8.78		Gabriella Moro	75	13/08/22	Surrey, BC	
W75	8.90 p		Gabriella Moro	75	25/09/22	Langley, BC	
W85	6.75 p		Myrtle Acton	89	16/09/22	Victoria, BC	CR p
DISCUS							
W75	23.33		Gabriella Moro	75	14/08/22	Surrey, BC	
W75	23.74 p		Gabriella Moro	75	25/09/22	Langley, BC	
JAVELIN							
W80	19.19		Marg Radcliffe	80	13/08/22	Surrey, BC	
M55	51.12		Graham Morfitt	55	07/05/22	Victoria, BC	CR p
HAMMER THROW							
W45	39.58		Nicole Carlos	48	01/07/22	Kelowna, BC	CR
W60	34.03		Celina Wong	60	13/08/22	Surrey, BC	CR
W80	27.36		Kathy Brand	80	13/08/22	Surrey, BC	
M75	37.56		Harnek Toor	76	27/08/22	Surrey, BC	
WEIGHT							
W55	9.74		Christine Dalglish	58	27/08/22	Surrey, BC	
W55	10.38 p		Julia Hengstler	55	17/09/22	Victoria, BC	
W80	9.63		Kathy Brand	80	27/08/22	Surrey, BC	
M75	15.74		Harnek Toor	76	27/08/22	Surrey, BC	
M80	15.40 p		Marek Glowacki	81	23/07/22	Puck, POL	CR p
SUPERWEIGHT							
W45	7.19		Nicole Carlos	48	14/08/22	Surrey, BC	
W55	6.40		Christine Dalglish	58	14/08/22	Surrey, BC	
W60	7.83		Celina Wong	60	14/08/22	Surrey, BC	
THROWS PENTATHON							
W55	3147 p		Julia Hengstler	55	17/09/22	Victoria, BC	
(27.74/685, 9.57/735, 24.03/550, 20.65/475, 10.38/702)							
W80	3934		Kathy Brand	80	27/08/22	Surrey, BC	
(24.98/1022, 6.40/745, 15.12/618, 16.46/757, 9.63/792)							
M55	3539		Graham Morfitt	55	27/08/22	Surrey, BC	
(35.71/626, 11.01/727, 32.09/576, 51.11/865, 13.53/745)							
M75	3962		Harnek Toor	76	27/08/22	Surrey, BC	CR p
(37.56/875, 10.21/745, 27.47/652, 30.55/705, 15.74/985)							
PENTATHLON							
W60	3425		Cindy O'Brien Hugh	63	19/06/22	Burnaby, BC	CR
(15.05 -0.2/850, 1.20/795, 7.15/578, 3.83 +1.3/703, 3:32.37/499)							

M70	3804	Reidar Zapf-Gilje	70	19/06/22	Burnaby, BC	CR
		(4.07 0.0/743, 33.49/682, 31.22 -0.3/706, 34.94/760, 5:46.87/913)				
M70	3808 p	Reidar Zapf-Gilje	70	14/09/22	Victoria, BC	CR p
		(3.89, 0.1/677, 33.62/685, 31.10, 0.9/714, 36.08/790, 5:41.14/942)				
M90	2041	Joe Giegerich	90	29/07/22	Regina, SK	CR
		(2.09 0.8/427, 14.23/463, 51.40 -0.5/456, 11.53/428, 14: 37.26/267)				

HEPTATHLON

W40	2344	Marina Khrisanova	43	27-28/08/22	Surrey, BC	
		(17.07(0.0)/285, 1.13/350, 6.09/319, 32.96(0.0)/ 428, 3.38(0.0)/252, 12.65/188, 2:52.48/522)				
W45	2748	Olesea Chitul	47	27-28/08/22	Surrey, BC	
		(17.55(0.0)/376, 1.16/449, 7.63/471, 33.30(0.0)/488, 3.33(0.0)/290, 16.48/299, 3:16.12/375)				
W60	4779	Cindy O'Brien Hugh	64	27-28/08/22	Surrey, BC	CR
		(14.77(0.0)/887, 1.22/830, 7.43/605, 32.39(0.3)/833, 3.70(0.3/648, 16.53/413, 3:24.98/563)				
W85	5807 (New)	Christa Bortignon	85	27-28/08/22	Surrey, BC	WR (new)
		(DNF/0, 0.95/1184, 6.00/816, 40.20,+0.3/1417, 3.03, 0.0/1834, 10.20/556, DNF/0)				

DECATHLON

M70	7691	Reidar Zapf-Gilje	70	27/28/08/22	Surrey, BC	CR
		(15.10 (0.2), 4.06 (1.4), 12.46, 1.39, 1:08.59 & 15.59(0.0). 34.42, 2.40, 33.94, 5:35.79) (699, 741, 848, 859, 761 & 740, 746, 634, 693, 970)				
M75	6089	Tom Ukonmaanaho	77	27-28/08/22	Surrey, BC	CR
		(14.71(0.2), 3.24 (-0.2), 9.09, 1.15, 1:14.54 & 18.08 (0.0), 21.50, 2.30, 26.22, 8:47.28) (883, 550, 650, 653, 720 & 543, 480, 702, 583, 325)				

MILE RACE WALK

W35	11:28.69 p (New)	Karin Adande	36	28/08/22	Surrey, BC
W70	12:40.80 p (New)	Bertha Johnson	71	28/08/22	Surrey, BC

20 Km ROAD WALK

M45	1:38:31	Dmitry Babenko	49	06/07/22	Tampere, FIN
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4x800M

W60	Not BC	11:55.73	Juliette Christie (60), Patti Rogers (62) Donna Dixon (60), Janette Wood (62) (Not a BC record because Donna Dixon is from Alberta)	28/08/22	Surrey, BC	CR
M75	Not BC	12:27.64	Mark Stewart (78), Terry Riggins (75) Fred Pawluk (75), Pat Harton (80) (Not a BC record because another M75 team ran slightly faster (12:27.30) last year but unfortunately their world record was not approved)	28/08/22	Surrey, BC	WR