

2023 NEW B.C. MASTERS OUTDOOR TRACK AND FIELD RECORDS

(57 BC & 1 tied, 19 CR, 6 WR) * Dec 31, 2023

All records after August 11, are pending until final approval at the next BC Athletics AGM

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE	
100M						
W35	13.12 1.2 p	Corrie Fell (Thompson)	35	01/08/23	Surrey, BC	
W65	14.73 0.6	Patty Szybunka	65	04/07/23	Surrey, BC	
M70	13.32 -0.2	Tom Dickson	70	01/08/23	Surrey, BC	
M70 #	13.14 1.2	Tom Dickson	70	12/08/23	Langley, BC	CR
200M						
W35	26.54 0.5	Corri Fell (Thompson)	35	09/07/23	Nanaimo, BC	
W65	30.74 1.1	Patty Szybunka	65	04/07/23	Surrey, BC	
800M						
W60	2:49.12	Juliette Christie	61	18/08/23	Vancouver, BC	
1500M						
W60	5:33.05	Janette Wood	63	12/08/23	Langley, BC	
MILE						
W60	5:58.69	Juliette Christie	61	01/08/23	Surrey, BC	
5000M						
W35	15:27.70	Leslie Sexton	36	04/06/23 ?	Portland, OR	
W55	19:44.86	Alita Bommann	55	13/08/23	Langley, BC	
10000M						
W40	32:42.77	Natasha Wodak	41	23/06/23	Langley, BC	CR
LONG HURDLES						
W55	58.31	Judy Summers	59	02/07/23	Kelowna, BC	
2000M STEEPLECHASE						
M70	8:54.20	Reidar Zapf-Gilje	71	12/08/23	Langley, BC	CR
4 x 100M RELAY						
W45	58.01	Nancy Craig(57), Judith Cook(54) Melina Thibodeau(51), Jeannette Van Den Bulk(46)		12/08/23	Langley, BC	
M45	47.31	Brian Carnate(45), Marvin Johnson(49) Jay Guzman (49), Eric Kouwenhoven (46)		12/08/23	Langley, BC	
4 x 800M RELAY						
W45	10:52.37	Martha Sirdevan(48), Christy Lovig(46) Cindy O'Krane(60), Kerry MacKelvie(49)		12/10/23	Kelowna, BC	CR
M35	9:22.65	David Guss(62), Jordan Van Besouw(39) Jeff Vogt(44), Ian Sharp(44)		12/10/23	Kelowna, BC	
LONG JUMP						
W65	3.73 1.4	Cindy O'Brien Hugh	65	24/08/23	Abbotsfprd, BC	
W85	3.08 -0.3	Christa Bortignon	86	12/08/23	Langley, BC	WR
W85 #	3.11 -0.7	Christa Bortignon	86	24/08/23	Abbotsford, BC	WR
M70	4.07 1.5 tie	Reidar Zapf-Gilje	71	11/08/23	Langley, BC	
M70 #	4.12 -1.0	Reidar Zapf-Gilje	71	23/08/23	Abbotsford, BC	
TRIPLE JUMP						
W35	9.11 0.0	Emily Lynch	35	13/08/23	Langley, BC	
W85	6.52 0.0	Christa Bortignon	86	02/07/23	Kelowna, BC	WR
W85 #	6.62 0.0	Christa Bortignon	86	25/08/23	Abbotsford, BC	WR
M80	7.31 1.4	Lynn Thompson	83	04/06/23	Duncan, BC	
POLE VAULT						
M85	1.70	Larry Fiege	86	13/08/23	Langley, BC	CR

SHOT PUT

W90	6.39	Myrtle Acton	90	17/06/23	Prince George, BC	WR
W90 #	6.58	Myrtle Acton	90	11/08/23	Langley, BC	WR

DISCUS

W50	27.42	Caroline Wittrin	54	20/05/23	Richmond, BC	
W90	15.21	Myrtle Acton	90	11/08/23	Langley, BC	WR
W90	15.28	Myrtle Acton	90	12/08/23	Langley, BC	WR
W90 #	15.83	Myrtle Acton	90	24/08/23	Abbotsford, BC	WR
M70	44.50	Michael Deady	70	12/08/23	Langley, BC	CR

JAVELIN

W45	32.28	Nicole Carlos	49	11/08/23	Langley, BC	
W80	21.98	Marg Radcliffe	81	09/10/23	St. George, UT	
M55	54.10	Graham Morfitt	56	03/06/23	Duncan, BC	CR
M55 #	57.93	Graham Morfitt	56	13/08/23	Langley, BC	CR

HAMMER THROW

W45	39.90	Nicole Carlos	49	02/07/23	Kelowna, BC	
W45 #	41.42	Nicole Carlos	49	11/08/23	Langley, BC	CR (x)
W50	40.68	Caroline Wittrin	54	21/05/23	Richmond, BC	
W80	27.53	Kathy Brand	81	02/07/23	Kelowna, BC	
W80 #	28.08	Kathy Brand	81	24/08/23	Abbotsford, BC	
W90	18.85	Myrtle Acton	90	17/06/23	Prince George, BC	CR
W90 #	20.47	Myrtle Acton	90	11/08/23	Langley, BC	WR
M65	42.63	Cory Holly	65	16/09/23	Vernon, BC	
M65 #	43.51	Cory Holly	65	12/10/23	Kelowna, BC	
M85	26.63	Bakhshish Dhillon	85	11/08/23	Langley, BC	

WEIGHT THROW

W45	12.47	Nicole Carlos	49	01/07/23	Kelowna, BC	CRx
W45 #	12.55	Nicole Carlos	49	13/08/23	Langley, BC	
W60	12.28 tie	Joan Harris	61	13/08/23	Langley, BC	
W80	9.95	Kathy Brand	81	25/08/23	Abbotsford, BC	
W90	7.98	Myrtle Acton	90	25/08/23	Abbotsford, BC	CRp
M85	11.52	Bakhshish Dhillon	85	25/08/23	Abbotsford, BC	

SUPERWEIGHT

W35	3.28	Paige Wianaka	35	16/04/23	Langley, BC	
M50	6.44	Shawn Stevens	51	24/09/23	Langley, BC	
M80	8.41	Jim Dyer	80	16/04/23	Langley, BC	
M80 #	8.85	Jim Dyer	80	24/09/23	Langley, BC	

THROWS PENTATHLON

W60	3049	Joan Harris	61	23/08/23	Abbotsford, BC	
					(29.66/636, 8.19/600, 23.44/600, 23.76/618, 11.43/595)	
W90	3841	Myrtle Acton	90	17/06/23	Prince George, BC	WR
					(18.85/780, 6.39/886, 14.06/765, 11.39/629, 7.47/781)	
W90 #	3975	Myrtle Acton	90	11/08/23	Langley, BC	WR
					(20.47/858, 6.58/917, 15.21/839, 11.59/642, 6.95/719)	
M55	3566	Graham Morfitt	56	11/08/23	Langley, BC	
					(36.64/591, 10.02633, 35.04/626, 56.93/988, 13.90/728)	
M85	2313	Bruce Butcher	88	30/07/23	Kelowna, BC	
M85	2495	Bakhshish Dhillon	85	11/08/23	Langley, BC	
					(26.63/616, 7.42/583, 17.09/468, 16.52/387, 8.15/441)	
M85 #	2695	Bakhshish Dhillon	85	23/08/23	Abbotsford, BC	
					(25.11/574, 8.03/642, 19.05/537, 16.32/381, 10.24/583)	

1500M RACE WALK

W85	12:56.16	Renate Cheetham	85	12/08/23	Langley, BC	CR
M35	6:44.70	Heath Semeniuk	35	12/08/23	Langley, BC	
M50	8:09.65	Mihail Larin	50	12/08/23	Langley, BC	
M50 #	6:40.3	Dmitry Babenko	50	13/10/23	St George, UT	CR no
M70	10:18.00	Jim Johnson	73	25/08/23	Abbotsford, BC	

3000M RACE WALK

M50	13:42.2	p no	Dmitry Babenko	50	12/10/23	St George, UT	CR no
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5000M RACE WALK

W85	46:33.78		Renate Cheetham	85	13/08/23	Langley, BC	
M35	25:25.04		Heath Semeniuk	35	13/08/23	Langley, BC	
M50	23:48.05		Dmitry Babenko	50	29/04/23	Philadelphia, PA	
M50 #	23:38.95		Dmitry Babenko	50	09/11/23	Ciudad Juarez, MEX	

5K ROAD WALK

M50	23:18		Dmitry Babenko	50	24/09/23	Whiting, NJ	CR
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10K ROAD WALK

M50	47:57		Dmitry Babenko	50	31/03/23	Torun, POL	CR
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Best of more than one record performances.

CRx This Canadian record was subsequently broken again during 2023. No longer a record.

p no Unfortunately fully automatic timing was not used