

# 2024 NEW B.C. MASTERS OUTDOOR TRACK AND FIELD RECORDS

(54 BC but 2 pending, 18 CR & 2 tie, 0 WR) \* August 7, 2024

All new records in 2024 are pending until final approval at the next BC Athletics AGM

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE	
<b>100M</b>						
<b>200M</b>						
<b>400M</b>						
<b>800M</b>						
M80	3:11.37	Mark Stewart	80	04/08/24	Coquitlam, BC	
<b>1500M</b>						
W60	5:30.32	Juliette Christie	62	02/07/24	Surrey, BC	
M50	4:20.81	Craig Maclean	52	26/06/24	Seattle, WA	
<b>3000M</b>						
W60	11:40.66	Juliette Christie	61	04/05/24	Abbotsford, BC	
<b>5000M</b>						
W60	19:54.14	Juliette Christie	61	23/03/24	Vancouver, BC	<b>CR</b>
<b>10000M</b>						
<b>SPRINT HURDLES</b>						
W55	14.36 (0.8)	Sunette Lessing	56	29/06/24	Kelowna, BC	
W55	13.98 (0.0) #	Sunette Lessing	56	04/08/24	Coquitlam, BC	<b>CR tie p</b>
W65	15.32 (0.5)	Cindy O'Brien Hugh	65	07/07/24	Burnaby, BC	
W65	15.04 (0.0) #	Cindy O'Brien Hugh	65	03/08/24	Coquitlam, BC	
M50	14.70 (0.9)	Luiz Balcers	50	07/07/24	Burnaby, BC	
M75	17.99 (-1.1)	Hardev Sandhu	75	29/06/24	Kelowna, BC	
M75	17.62 (-0.8) #	Hardev Sandhu	75	04/08/24	Coquitlam, BC	
M85	20.21 (-0.8)	Lynn Thompson	85	04/08/24	Coquitlam, BC	
<b>LONG HURDLES</b>						
W60	1:00.06	Judy Summers	60	26/05/24	Nanaimo, BC	
M85	47.53	Lynn Thompson	85	04/08/24	Coquitlam, BC	
<b>STEEPLECHASE</b>						
M80	<i>new 15:52.88</i>	<i>Arthur Gee</i>	<i>80</i>	<i>07/07/24</i>	<i>Burnaby, BC</i>	
<b>4 x 100M RELAY</b>						
W50	58.74	Debra Lachance(55), Sunette Lessing(56) Jane Hill (51), Cindy O'Brien Hugh (65)		29/06/24	Kelowna, BC	
<b>4 x 400M RELAY</b>						
W45	5:00.08	Kristen Yarker(47) Melina Thibodeau(52) Sherry Hurst(52) Jeannette Van Den Bulk(47)		26/05/24	Nanaimo, BC	
M35 (new)	4:10.97	Will Harrower(52), Stephen Joyce(62) Umberto Soda(38), Aaron Holmgren(41)		30/06/24	Kelowna, BC	
M45	3:47.35	Sam Walker(52), Erik Hurlen(46) Jeff Vogt(45), Ian Sharp(45)		30/06/24	Kelowna, BC	
<b>LONG JUMP</b>						
W55	4.43 (1.0)	Sunette Lessing	56	04/05/24	Kamloops, BC	
W65	4.00 (-2.0)	Cindy O'Brien Hugh	65	21/06/24	Langley, BC	
<b>TRIPLE JUMP</b>						
W55	9.15 (1.4)	Sunette Lessing	56	03/05/24	Kamloops, BC	
W55	9.29 (0.0) #	Sunette Lessing	56	30/06/24	Kelowna, BC	
W65	8.51 (0.0)	Patty Szybunka	66	06/07/24	Burnaby, BC	
<b>HIGH JUMP</b>						
W55	1.47	Sunette Lessing	56	03/08/24	Coquitlam, BC	<b>CRp</b>
W65	1.30	Monica Pomietlarz	65	04/05/24	Kamloops, BC	
W65	1.30	Monica Pomietlarz	65	23/05/24	Kelowna, BC	
W65	1.32 #	Monica Pomietlarz	65	30/07/24	Surrey, BC	<b>CRp</b>

**POLE VAULT**

W55	2.60	Nancy Craig	58	24/03/24	Vancouver, BC	<b>CRp</b>
W60	1.90	Judy Summers	60	26/05/24	Nanaimo, BC	<b>CR tie p</b>

**SHOT PUT**

W50	11.38	Verena Stroda	53	30/06/24	Kelowna, BC	<b>CR</b>
W65	9.59	Monica Pomietlarz	65	04/05/24	Kamloops, BC	

**DISCUS**

W50	33.14	Nicole Carlos	50	04/05/24	Kamloops, BC	
W50	34.04	Nicole Carlos	50	28/06/24	Kelowna, BC	<b>CR</b>
W50	34.11#	Nicole Carlos	50	29/06/24	Kelowna, BC	<b>CR#</b>

**JAVELIN**

W65	26.76	Monica Pomietlarz	65	04/05/24	Kamloops, BC	
W65	27.03 #	Monica Pomietlarz	65	29/06/24	Kelowna, BC	

**HAMMER THROW**

W45	45.30	Hardeep Kaur	47	30/06/24	Kelowna, BC	<b>CR</b>
W50	42.81	Nicole Carlos	50	03/05/24	Kamloops, BC	<b>CR</b>
W50	43.77	Nicole Carlos	50	23/05/24	Kelowna, BC	<b>CR</b>
W50	47.02	Nicole Carlos	50	28/06/24	Kelowna, BC	<b>CR</b>
W50	47.33 #	Nicole Carlos	50	30/06/24	Kelowna, BC	<b>CR#</b>

**WEIGHT THROW**

W50	14.20	Nicole Carlos	50	04/05/24	Kamloops, BC	<b>CR</b>
W50	15.44 #	Nicole Carlos	50	29/06/24	Kelowna, BC	<b>CR#</b>
M50	15.95	Shane Wiebe	54	04/05/24	Kamloops, BC	

**SUPERWEIGHT**

M70	8.25	Dave McDonald	70	01/06/24	Seattle, WA	
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**THROWS PENTATHLON**

W50	3555	Nicole Carlos	50	28/06/24	Kelowna, BC	<b>CR</b>
(47.02/851, 10.44/649, 34.04/734, 27.95/578, 14.03/743)						
M50	3474	Shane Wiebe	54	03/08/24	Coquitlam, BC	
(41.91/633, 13.05/794, 40.34/678, 40.46/585, 15.90/784)						

**HEPTATHLON**

W55	3492	Debra Lachance	55	03-04/08/24	Coquitlam, BC	
(16.79 (0.0)/584, 1.10/470, 6.84/428, 31.86 (0.0)/659, 3.55 (-0.2)/454, 17.07/364, 3:13.94/533)						
W65	4910	Cindy O'Brien Hugh65	65	03-04/08/24	Coquitlam, BC	
(15.04 (0.0)/968, 1.25/867, 7.58/616, 32.12 (0.0)/838, 3.52 (0.0)/609, 17.44/492, 3:35.33/520)						

**DECATHLON**

W40	4232	Lindsey Canary	44	03-04/08/24	Coquitlam, BC	<b>CR?</b>
(15.02 (-0.7), 4.06 (1.5), 7.94, 1.32, 1:13.56 & 15.27 (0.0), 17.95, 2.57, 17.50, 6:33.61) (493, 408, 455, 523, 368 & 556, 264, 463, 285, 417)						
W45	3387	Olesea Chitul	49	03-04/08/24	Coquitlam, BC	<b>CR?</b>
(15.71 (-0.7), 3.33 (0.5), 7.39, 1.14, 1:17.26 & 18.84 (0.0), 18.76, 0, 19.08, 6:27.83) (479, 272, 458, 389, 346 & 249, 315, 0, 361, 518)						
W55	6090	Sunette Lessing	56	03-04/08/24	Coquitlam, BC	<b>CR?</b>
(14.85 (-0.7), 4.33 (0.0), 9.42, 1.47, 1:27.35 & 13.98 (0.0), 22.90, 2.27, 19.16, 8:10.58) (776, 735, 637, 1003, 276 & 943, 514, 529, 419, 258)						
W65	2422*	Nola Hendrie	68	03-04/08/24	Coquitlam, BC	<b>CR?</b>
(20.02 (-0.7), 2.22 (-1.2), 5.84, 0.90, 2:03.10 & 25.25 (0.0), 14.91, 1.57, 12.43, 10:34.60) (317, 155, 446, 340, 0 & 72, 396, 318, 326, 52)						
M65	5101	Joseph Hill	65	03-04/08/24	Coquitlam, BC	
(13.95 (-0.2), 3.90 (-0.5), 9.00, 1.14, 1:08.70 & 23.17 (0.0), 30.80, 2.17, 37.39, 7:42.64) (782, 535, 605, 426, 587 & 292, 516, 411, 689, 258)						

<b>1500M RACE WALK</b>						
W70	10:09.50 #	<b>P*</b>	<b>Suzanne Sharp</b>	70	06/07/24	<b>Burnaby, BC</b>
W70	10:12.32		Suzanne Sharp	70	27/07/24	Tumwater, WA
M50	6:28.95		Dmitry Babenko	51	15/07/24	Cleveland, OH
M70	10:04.12		Bob Currie	71	27/07/24	Tumwater, WA
M80	10:09.16	<b>P*</b>	<b>Ernest Kurtz</b>	??	06/07/24	<b>Burnaby, BC</b>
<b>MILE RACE WALK</b>						
M50	6:56.30		Dmitry Babenko	51	02/06/24	W. Long Beach, NJ
<b>3000M RACE WALK</b>						
M50	13:35.12		Dmitry Babenko	51	17/07/24	Cleveland, OH
<b>5000M RACE WALK</b>						
M50	22:54.92		Dmitry Babenko	51	27/04/24	Philadelphia, PA
M70	35:23.79		Bob Currie	71	27/07/24	Tumwater, WA
<b>10000M RACE WALK</b>						
M35	51:08.84		Heath Semeniuk	36	11/05/24	Coquitlam, BC
M50	47:54.55		Dmitry Babenko	51	11/05/24	Coquitlam, BC
<b>5K ROAD WALK</b>						
<b>10K ROAD WALK</b>						
<b>15K ROAD WALK</b>						
M50	1:16:46		Dmitry Babenko	51	21/01/24	Santee, CA
M50	1:14:23 #		Dmitry Babenko	51	29/06/24	Montreal, QC
<b>20K ROAD WALK</b>						
M50	1:41:53		Dmitry Babenko	51	21/10/24	Santee, CA
M50	1:38:16 #		Dmitry Babenko	51	29/06/24	Montreal, QC

**2422\*** *A superior BC W65 decathlon record exists in this event from 2009*

*p* Pending approval by the records committee

**P\*** Awaiting completed record application form

# Best of more than one record performances

CR Canadian record

**CR?** Canadian records have not been kept in this event but will be soon.