

# B.C. MASTERS OUTDOOR TRACK AND FIELD RECORDS

(Women 35+ Men 35+ incomplete)

Updated November 10, 2018

Effective January 01, 2001: Wind readings are required in races 200m and shorter, and in the long and triple jump. Only electronic times will be accepted in races 400m and shorter. Those marks established with electronic timing are recorded to the hundredth of a second, while hand times are rounded up to the tenth of a second. The conversion factor comparing hand times to electronic times is +0.24 seconds (+0.14 for 400m).

"p" indicates pending records.

Compiled by Harold Morioka

\*\*\* 2018 records in bold (91) + (3 Road RW records)

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE
<b>100M</b>					
M35	10.9(h)	Harold Morioka	35	17/06/78	Vancouver, BC
M40	11.1(h)	Harold Morioka	42	07/09/85	Victoria, BC
	11.10 2.0	David Lee Provo	40	16/08/03	Richmond, BC
M45	11.11	Harold Morioka	45	27/08/88	Toronto, ON
M50	11.62 1.1	Tom Dickson	51	17/07/04	Calgary, AB
M55	12.01 -1.4	Tom Dickson	57	23/07/10	Sacramento, CA
M60	12.10 1.9	Tom Dickson	61	21/06/14	Pasadena, CA
<b>M65</b>	<b>12.97 0.4</b>	<b>Tom Dickson</b>	<b>65</b>	<b>06/09/18</b>	<b>Malaga, SPN</b>
<b>M70</b>	<b>14.00 -0.2</b>	<b>Tom Ukonmaanaho</b>	<b>73</b>	<b>17/06/18</b>	<b>Langley, BC</b>
M75	14.51 1.7	Norm Lesage	77	10/10/07	St. George, UT
M80	15.70 0.0	Norm Lesage	82	19/05/12	Kamloops, BC
M85	18.00 -1.0	Norm Lesage	85	25/04/15	Surrey, BC
M90	23.70 -0.4	Harry Thompson	90	18/05/13	Kamloops, BC
M95	1:18.82 -0.2	William Falconer	95	27/08/15	Burnaby, BC
M100	1:25.21 -0.9	Nihal Gill	101	29/08/16	Vancouver, BC
W35	13.19 0.9	Natasha Bacchus	37	13/06/15	Coquitlam, BC
W40	13.14 1.9	Betsy Lord	43	31/07/99	Gateshead, GBR
W45	13.17 0.0	Kim Ross	47	08/08/08	Spokane, WA
W50	13.84 1.4	Avril Douglas	51	01/08/98	Orono, ME
W55	14.24 1.4	Avril Douglas	55	25/08/01	Toronto, ON
<b>W60</b>	<b>14.54 1.0</b>	<b>Patty Szybunka</b>	<b>60</b>	<b>04/08/18</b>	<b>Surrey, BC</b>
W65	15.80 -0.1	Gerda Crosthwaite	66	25/08/05	Duncan, BC
W70	15.86 0.3	Christa Bortignon	74	18/08/11	Trail, BC
W75	15.82 0.7	Christa Bortignon	76	21/08/13	Kamloops, BC
<b>W80</b>	<b>17.06 1.1</b>	<b>Christa Bortignon</b>	<b>81</b>	<b>28/07/18</b>	<b>Spokane, WA</b>
W85	21.83 1.0	Olga Kotelko	85	17/07/04	Calgary, AB
W90	23.95 1.3	Olga Kotelko	90	11/10/09	Sydney, AUS
<b>200M</b>					
M35	23.40 0.6	Brian Carnate	39	25/04/17	Auckland, NZL
M40	22.47 -2.1	David Lee Provo	40	17/08/03	Richmond, BC
M45	23.26 0.1	David Lee Provo	47	18/10/09	Sydney, AUS
M50	23.72	Harold Morioka	51	26/06/94	Eugene, OR
M55	24.44 1.3	Harold Morioka	56	03/08/99	Gateshead, GBR
M60	25.36 1.4	Harold Morioka	60	22/06/03	Eugene, OR
M65	28.02 -0.1	Tom Ukonmaanaho	67	25/08/12	Burnaby, BC
	27.96 2.1 w/a	John Winfield	66	15/07/12	Eugene, OR
M70	29.22p nwi	Andy Aadmi	73	19/07/09	Kamloops, BC
<b>M70</b>	<b>29.26 0.7</b>	<b>Tom Ukonmaanaho</b>	<b>73</b>	<b>05/08/18</b>	<b>Surrey, BC</b>
M75	29.51 -1.6	Norm Lesage	75	18/06/05	Langley, BC
M80	33.61 -0.6	Norm Lesage	81	10/07/11	Burnaby, BC
M85	39.99 -1.1	Norm Lesage	85	26/08/15	Burnaby, BC
M90	51.88 0.3	Harry Thompson	90	23/08/13	Kamloops, BC
W35	26.63 1.0	Jeannette Van Den Bulk	37	11/05/14	Victoria, BC
W40	27.03 -0.3	Betsy Lord	43	03/08/99	Gateshead, GBR
W45	27.15	Avril Douglas	47	13/08/93	Provo, UT
W50	28.53 0.5	Avril Douglas	54	19/08/00	Kamloops, BC
W55	27.90 1.2 ??	Avril Douglas	55	26/08/01	Toronto, ON
W60	30.27 1.4	Elaine Whidden	60	05/07/15	Burnaby, BC
<b>W65</b>	<b>32.62 1.2</b>	<b>Daphne O'Sullivan</b>	<b>66</b>	<b>05/08/18</b>	<b>Surrey, BC</b>
W70	33.70 1.2	Diane Palmason	71	19/07/09	Kamloops, BC
W75	33.86 1.6	Christa Bortignon	76	01/06/13	Stendal, GER
W80	37.00 1.1	Christa Bortignon	80	06/05/17	Kamloops, BC
W85	48.36 -0.8	Olga Kotelko	85	04/09/04	Penticton, BC
W90	56.46 0.0	Olga Kotelko	90	03/08/09	Lahti, FIN

**400M**

M35	49.3(h)	Harold Morioka	35	24/06/78	Victoria, BC
M35	49.52	Harold Morioka	36	22/06/79	Vancouver, BC
M40	50.52	Harold Morioka	42	28/06/85	Rome, ITA
M45	50.60	Harold Morioka	46	05/08/89	Eugene, OR
M50	51.70	Harold Morioka	51	25/06/94	Eugene, OR
M55	53.3(h)	Harold Morioka	56	06/07/99	Burnaby, BC
	53.61	Harold Morioka	56	19/06/99	Eugene, OR
M60	55.04	Harold Morioka	60	21/06/03	Eugene, OR
M65	1:03.86	Reidar Zapf-Gilje	65	13/09/17	Vernon, BC
M70	1:07.47	Andy Aadmi	73	05/08/09	Burnaby, BC
M75	1:10.54	Andy Aadmi	75	16/07/11	Sacramento, CA
<b>M80</b>	<b>1:22.01</b>	<b>Karl Mey</b>	<b>81</b>	<b>04/08/18</b>	<b>Surrey, BC</b>
M85	1:37.33	Harry Thompson	85	21/06/08	Surrey, BC
M90	2:12.03	Harry Thompson	90	18/05/13	Kamloops, BC
W35	58.49	Jeannette Van Den Bulk	36	05/08/13	Turin, ITA
W40	59.75	Erna Kozak	40	27/06/85	Rome, ITA
W45	1:00.02	Avril Douglas	47	12/08/93	Provo, UT
W50	1:02.95	Avril Douglas	50	23/08/96	Eugene, OR
	1:02.95	Avril Douglas	54	20/08/00	Kamloops, BC
W55	1:02.40	Avril Douglas	55	25/08/01	Toronto, ON
W60	1:09.57	Avril Douglas	60	25/08/06	Abbotsford, BC
W65	1:19.39	Sandra Bissessur	65	28/08/15	Burnaby, BC
W70	1:17.14	Diane Palmason	71	18/07/09	Kamloops, BC
W75	1:19.53	Christa Bortignon	76	22/08/13	Kamloops, BC
<b>W80</b>	<b>1:35.88</b>	<b>Christa Bortignon</b>	<b>80</b>	<b>05/05/18</b>	<b>Kamloops, BC</b>
W85	2:10.81	Lenore Montgomery	87	08/07/17	Burnaby, BC
W90	2:50.28	Olga Kotelko	90	17/09/09	Richmond, BC

**800M**

M35	1:54.02	Mark Knoop	39	17/06/06	Victoria, BC
M40	1:55.40	Mark Knoop	40	03/06/07	Richmond, BC
M45	2:00.24	Warren McCulloch	45	17/07/11	Coquitlam, BC
M50	2:01.26	Harold Morioka	50	13/06/93	Coquitlam, BC
M55	2:07.1(h)	Harold Morioka	56	29/06/99	Burnaby, BC
M60	2:12.33	Harold Morioka	60	24/06/03	Burnaby, BC
M65	2:24.20	Reidar Zapf-Gilje	65	13/08/17	Toronto, ON
M70	2:39.78	Joe Giegerich	70	14/07/02	Toronto, ON
M75	2:52.66	Hans Weickardt	75	01/08/89	Eugene, OR
M80	3:20.58	Hans Weickardt	80	05/08/94	Edmonton, AB
M85	4:07.53	Les Leyland	86	09/08/03	Eugene, OR
M90	5:07.40	Harry Thompson	90	21/08/13	Kamloops, BC
W35	2:00.08	Diane Cummins	36	14/08/10	Kessel-Lo, BEL
W40	2:01.38	Diane Cummins	40	08/07/14	Victoria, BC
W45	2:16.1(h)	Maureen de St. Croix	48	19/07/01	Burnaby, BC
W50	2:16.62	Maureen de St. Croix	50	17/06/03	Burnaby, BC
W55	2:32.57	Avril Douglas	55	15/06/02	Langley, BC
W60	2:49.39	Avril Douglas	60	26/08/06	Abbotsford, BC
W65	3:04.53	Hazel Cameron	65	30/07/89	Eugene, OR
W70	3:06.74	Diane Palmason	70	28/06/08	Courtenay, BC
W75	3:37.05	Lenore Montgomery	75	12/06/05	Duncan, BC
<b>W80</b>	<b>3:59.66</b>	<b>Karin Vickers</b>	<b>80</b>	<b>05/08/18</b>	<b>Surrey, BC</b>
W85	4:33.86	Lenore Montgomery	85	27/08/15	Burnaby, BC

**1500M**

M35	3:45.2(h)	Paul Williams	35	27/05/92	Abbotsford, BC
M40	4:01.50	Barry Adams	41	29/09/83	San Juan, PUR
	4:01.4(h)	Barry Adams	42	18/08/84	Eugene, OR
	4:01.4(h)	Mike Creery	40	21/05/88	Victoria, BC
M45	4:12.3(h)	Mike Creery	45	13/06/93	Eugene, OR
M50	4:23.02	Paul Reimer	50	19/07/05	Burnaby, BC
<b>M55</b>	<b>4:28.08</b>	<b>David Guss</b>	<b>57</b>	<b>04/08/18</b>	<b>Surrey, BC</b>
M60	4:55.9(h)	Sverre Hietanen	61	30/08/81	Hull, QC
M65	5:01.46	Herb Phillips	66	01/08/06	Burnaby, BC
M70	5:20.57	Herb Phillips	70	25/07/10	Sacramento, CA
M75	5:56.11	Herb Phillips	75	28/08/15	Burnaby, BC
M80	6:37.9 (h)	Maurice Tarrant	80	26/06/10	Victoria, BC
M85	7:59.56	Maurice Tarrant	85	16/06/15	Victoria, BC

M90	10:27.28	Harry Thompson	90	18/05/13	Kamloops, BC
W35	4:07.88	Leah Pells	35	24/06/00	Eugene, OR
W40	4:23.63	Erna Kozak	41	31/05/86	Burnaby, BC
W45	4:37.68	Maureen de St. Croix	49	01/06/02	Burnaby, BC
W50	4:40.92	Maureen de St. Croix	50	15/06/03	Langley, BC
<b>W55</b>	<b>5:21.72</b>	<b>Janette Wood</b>	<b>58</b>	<b>04/08/18</b>	<b>Surrey, BC</b>
W60	6:06.1(h)	Lenore Montgomery	61	05/09/91	Coquitlam, BC
W65	6:13.8(h)	Hazel Cameron	65	17/06/89	Edmonton, AB
W70	6:39.93	Diane Palmason	70	29/06/08	Courtenay, BC
W75	6:57.67	Lenore Montgomery	75	11/06/05	Duncan, BC
<b>W80</b>	<b>7:55.16</b>	<b>Karin Vickars</b>	<b>80</b>	<b>10/07/18</b>	<b>Surrey, BC</b>
W85	9:06.76	Lenore Montgomery	85	28/08/15	Burnaby, BC

### MILE

M35	4:14.7(h)	Barry Adams	39	08/08/81	Vancouver, BC
M40	4:15.85	Graeme Fell	41	29/10/00	San Francisco, CA
M45	4:38.46	Mike Creery	45	02/06/93	Port Alberni, BC
M50	4:35.89	Colin Dignum	50	12/06/16	Eugene, OR
M55	4:54.72	Paul Reimer	55	20/07/10	Burnaby, BC
M60	5:13.9	Herb Phillips	60	25/07/00	Burnaby, BC
M65	5:29.0	Herb Phillips	65	09/08/05	Burnaby, BC
M70	5:48.6 (h)	Herb Phillips	70	17/07/10	Victoria, BC
M75	6:57.4	Hugh Clifford	78	18/06/85	Burnaby, BC
M80	7:15.0 (h)	Maurice Tarrant	80	17/07/10	Victoria, BC
W35	4:55.71	Erna Kozak	38	25/06/83	Eugene, OR
W40	4:59.27	Nancy Tinari	41	29/10/00	San Francisco, CA
W45	5:03.18	Maureen de St. Croix	48	23/06/01	Eugene, OR
W50	5:02.80	Maureen de St. Croix	50	04/06/03	Richmond, BC
W55	5:41.38	Avril Douglas	55	28/05/02	Richmond, BC
W60	6:42.13	Connie Shaw	61	08/06/89	Victoria, BC
W65	6:41.64	Rosamund Dashwood	65	08/06/89	Victoria, BC
W70	7:41.28	Hazel Cameron	70	09/07/94	Coquitlam, BC
W75	8:17.4(h)	Hazel Cameron	75	13/07/99	Burnaby, BC
W80	9:49.4(h)	Ivy Granstrom	80	31/05/92	Burnaby, BC
W85	11:54.3	Ivy Granstrom	86	27/06/98	Eugene, OR

### 3000M

M35	8:09.27	Graeme Fell	39	23/05/98	Richmond, BC
M40	8:45.4(h)	Mike Creery	40	06/05/88	Victoria, BC
M45	8:56.62	Rob Lonergan	47	11/07/06	Burnaby, BC
M50	9:18.80	Colin Dignum	50	14/05/16	Victoria, BC
<b>M55</b>	<b>9:44.20</b>	<b>David Guss</b>	<b>57</b>	<b>16/06/18</b>	<b>Langley, BC</b>
M60	10:15.9(h)	Sverre Hietanen	60	29/07/80	Surrey, BC
M65	10:36.2(h)	Maurice Tarrant	65	07/05/95	Victoria, BC
M70	11:11.88	Herb Phillips	70	27/07/10	Burnaby, BC
M75	12:19.17	Maurice Tarrant	75	15/05/05	Victoria, BC
M80	14:07.0(h)	Maurice Tarrant	80	15/05/10	Victoria, BC
M85	17:01.99	Maurice Tarrant	85	30/05/15	Victoria, BC
M90	22:08.45	Harry Thompson	91	28/06/14	Kelowna, BC
W35	8:59.21	Ulla Marquette	35	08/08/93	Lindau, GER
W40	9:40.89	Catherine Watkins	42	24/05/14	Victoria, BC
W45	9:44.94	Marilyn Arsenaault	47	30/05/15	Victoria, BC
W50	11:02.02	Juliette Christie	50	16/06/12	Langley, BC
<b>W55</b>	<b>12:01.33</b>	<b>Juliette Christie</b>	<b>56</b>	<b>17/07/18</b>	<b>Surrey, BC</b>
W60	12:46.39	Wendy Armstrong-Taylor	60	14/05/16	Kamloops, BC
W65	14:41.26	Lynette Baldock	65	16/06/12	Langley, BC
W70	15:27.4(h)	Ivy Granstrom	73	27/07/85	Gresham, OR
W75	15:32.99	Gwen McFarlan	78	08/07/12	Burnaby, BC
W80	16:47.89	Lenore Montgomery	82	16/06/12	Langley, BC
W85	19:58.05	Lenore Montgomery	87	09/07/17	Burnaby, BC

### 5000M

M35	14:01.54	Paul Williams	35	24/05/92	Portland, OR
M40	14:47.2(h)	Mike Creery	40	28/05/88	
M45	15:22.4 (h)	Colin Dignum	45	19/06/11	Victoria, BC
M50	15:49.60	Colin Dignum	50	30/04/16	Bellingham, WA
M55	16:52.4(h)	Jim Swadling	55	16/07/02	Burnaby, BC

M60	17:26.9(h)	Sverre Hietanen	60	05/08/80	Richmond, BC
M65	18:30.06	Herb Phillips	66	25/07/06	Burnaby, BC
M70	19:29.08	Herb Phillips	70	22/07/10	Sacramento, CA
M75	20:51.35	Herb Phillips	75	26/08/15	Burnaby, BC
M80	24:16.4(h)	Maurice Tarrant	80	21/08/10	Victoria, BC
M85	30:12.55	Maurice Tarrant	85	26/08/15	Burnaby, BC
M90	52:49.87	Les Leyland	90	07/09/07	Riccione, ITA
W35	15:42.81	Natasha Wodak	35	11/06/17	Portland, OR
<b>W35</b>	<b>15:29.44</b>	<b>Natasha Wodak</b>	<b>36</b>	<b>10/06/18</b>	<b>Portland, OR</b>
W40	16:55.1(h)	Nancy Tinari	44	24/06/03	Burnaby, BC
W45	16:51.08	Marilyn Arsenault	47	13/06/15	Portland, OR
W50	17:22.97	Lucy Smith	50	21/06/17	Victoria, BC
W55	20:21.22	Gwyneth Woodson	56	07/09/07	Riccione, ITA
W60	21:29.86	Wendy Armstrong-Taylor	60	02/07/16	Kelowna, BC
W65	22:24.61	Rosamund Dashwood	65	04/08/89	Eugene, OR
W70	23:43.35	Lenore Montgomery	73	04/09/03	Chilliwack, BC
W75	25:09.0(h)	Gwen McFarlan	75	17/09/09	Richmond, BC
W80	28:11.90	Lenore Montgomery	82	22/08/12	Burnaby, BC
W85	32:36.20	Lenore Montgomery	85	26/08/15	Burnaby, BC

### 10000M

M35	29:01.67	Paul Williams	35	??/05/92	Barcelona, ESP
M40	31:03.64	Jim Finlayson	41	07/06/14	Victoria, BC
M45	31:55.92	Bruce Deacon	46	31/08/13	Victoria, BC
M50	34:18.01	Herb Phillips	51	03/07/92	Richmond, BC
M55	35:19.0(h)	Herb Phillips	57	22/07/97	Burnaby, BC
M60	36:53.3(h)	Sverre Hietanen	60	02/08/80	Surrey, BC
M65	38:31.84	Maurice Tarrant	66	09/08/96	Victoria, BC
M70	40:02.31	Herb Phillips	70	24/07/10	Sacramento, CA
M75	47:39.7(h)	Hugh Clifford	75	22/08/81	Richmond, BC
M80	55:42.19	Les Leyland	80	19/07/97	Durban, RSA
<b>W35</b>	<b>31:50.18</b>	<b>Natasha Wodak</b>	<b>36</b>	<b>09/04/18</b>	<b>Gold Coast, AUS</b>
W40	34:22.6(h)	Marilyn Arsenault	44	01/09/12	Victoria, BC
W45	34:28.11	Marilyn Arsenault	45	31/08/13	Victoria, BC
W50	45:40.00	Marcia Stromsmoe	52	09/07/01	Brisbane, AUS
W55	42:03.42	Gwyneth Woodson	56	12/09/07	Riccione, ITA
W60	48:35.20	Rosamund Dashwood	63	28/11/87	Melbourne, AUS
W65	46:54.87	Rosamund Dashwood	65	29/07/89	Eugene, OR
W70	52:43.86	Lenore Marvin	71	21/07/91	Turku, FIN
W75	54:12.57	Lenore Montgomery	76	21/07/06	Dieppe, NB
W80	1:09:32.1(h)	Ivy Granstrom	80	15/08/92	Spokane, WA
W85	1:26:55.70	Ivy Granstrom	86	03/07/98	Saskatoon, SK

### SPRINT HURDLES

<b>M35-49</b> (110m-39" @ 9.14m); <b>M50-59</b> (100m-36" @ 8.5m); <b>M60-69</b> (100m-33" @ 8.0m);						
<b>M70-79</b> (80m-30" @ 7.0m); <b>M80+</b> (80m-27" @ 7.0m)						
M35	14.92	0.6	Doug McLaren	36	07/07/12	Burnaby, BC
M40	15.49	-0.0	Tim Kroeker	40	18/06/11	Langley, BC
M45	18.51	0.0	Pete Pretorius	48	05/07/14	Burnaby, BC
M50	15.84	0.4	Jess Brewer	50	22/08/96	Eugene, OR
M55	16.69	1.3	Warren Hamill	56	13/07/02	Toronto, ON
M60	17.24	-2.3	Warren Hamill	60	17/06/06	Langley, BC
M65	17.80	1.1	Reidar Zapf-Gilje	65	08/07/17	Burnaby, BC
M70	15.86	0.4	Jess Brewer	70	22/09/16	Coquitlam, BC
M75	18.96	0.5	Lynn Thompson	76	26/08/15	Burnaby, BC
<b>M80</b>	<b>19.80</b>	<b>0.1</b>	<b>Karl Mey</b>	<b>82</b>	<b>15/09/18</b>	<b>Cranbrook, BC</b>
M85	26.57	-0.8	Joe Giegerich	85	15/09/17	Vernon, BC
<b>W35-39</b> (100m-33" @ 8.5m); <b>W40-49</b> (80m-30" @ 8.0m); <b>W50-59</b> (80m-30" @ 7.0m); <b>W60+</b> (80m-27" @ 7.0m)						
W35	17.01	1.9	Jeannette Van Den Bulk	36	05/08/13	Turin, ITA
<b>W40</b>	<b>16.77</b>	<b>1.1</b>	<b>Olesea Chitul</b>	<b>43</b>	<b>03/08/18</b>	<b>Surrey, BC</b>
W45	14.32	0.3	Becky Willis	48	21/08/96	Eugene, OR
<b>W50</b>	<b>15.39</b>	<b>1.1</b>	<b>Jeannie Cockcroft</b>	<b>53</b>	<b>03/08/18</b>	<b>Surrey, BC</b>
W55	16.70	0.3	Margaret Rhebergen	59	10/09/14	Langley, BC
<b>W60</b>	<b>15.91</b>	<b>-0.4</b>	<b>Margaret Rhebergen</b>	<b>63</b>	<b>04/08/18</b>	<b>Surrey, BC</b>
W65	17.37	-1.9	Urith Hayley	65	28/08/16	Vancouver, BC
W70	20.20	-0.2	Christa Bortignon	74	06/07/11	Sacramento, CA
W75	17.44	0.6	Christa Bortignon	76	21/08/13	Kamloops, BC
<b>W80</b>	<b>20.12</b>	<b>1.1</b>	<b>Christa Bortignon</b>	<b>81</b>	<b>03/08/18</b>	<b>Surrey BC</b>

**INTERMEDIATE HURDLES****M35-49 (400m @ 36"); M50-59 (400m @33"); M60-69 (300m @30");  
M70-79 (300m-27"); M80+ (200m-27")**

M35	1:12.17	Andy Bienefeld	38	16/06/13	Langley, BC	
M40	57.3(h)	Harold Morioka	41	11/07/84	Burnaby, BC	
M45	59.33	Harold Morioka	45	04/08/88	Orlando, FL	
M50	58.82	Harold Morioka	51	13/08/94	Eugene, OR	
M55	1:03.03	Harold Morioka	57	19/08/00	Kamloops, BC	
M60	45.33	Harold Morioka	60	05/07/03	Carolina, PUR	
M65	50.02	Jess Brewer	65	11/07/11	Sacramento, CA	
M70	54.15	Harold Morioka	70	18/05/13	Kamloops, BC	
M75	55.87	Andy Aadmi	75	11/07/11	Sacramento, CA	
<b>M80</b>	<b>42.46</b>	<b>0.7</b>	<b>Karl Mey</b>	<b>81</b>	<b>05/08/18</b>	<b>Surrey, BC</b>

**W35-49 (400m-30"); W50-59 (300m-30"); W60-69 (300m-27"); W70+ (200m-27")**

W35	1:02.79	Jeannette Van Den Bulk	37	10/05/14	Victoria, BC	
W40	1:07.45	Jeannette Van Den Bulk	40	23/04/17	Auckland, NZL	
W45	1:31.67	Nancy Cochrane	49	28/07/01	Baton Rouge, LA	
W50	1:03.94	Nancy Cochrane	50	09/08/02	Orono, ME	
W55	1:16.56	Nancy Cochrane	56	21/06/08	Surrey, BC	
W60	1:11.84	Michelle Hankey	61	19/07/09	Kamloops, BC	
W70	43.71	-0.3	Christa Bortignon	74	31/07/11	Berea, OH
W75	39.89	0.0	Christa Bortignon	76	18/05/13	Kamloops, BC
W80	46.64	-0.5	Christa Bortignon	80	05/05/17	Kamloops, BC

**STEEPLECHASE****M35-59 (3000m-36"); M60+ and Women (2000m-30")**

M35	8:24.74	Graeme Fell	36	09/08/95	Gothenburg, SWE
M40	9:56.0(h)	Don Trethewey	42	07/07/79	Burnaby, BC
M45	10:15.7(h)	Don Trethewey	45	15/08/82	Ottawa, ON
<b>M50</b>	<b>11:24.80</b>	<b>Stan Jang</b>	<b>50</b>	<b>04/08/18</b>	<b>Surrey, BC</b>
<b>M55</b>	<b>11:32.12</b>	<b>David Guss</b>	<b>57</b>	<b>29/06/18</b>	<b>Kelowna, BC</b>
M60	7:54.67	Reidar Zapf-Gilje	64	09/07/16	Burnaby, BC
M65	7:52.04	Reidar Zapf-Gilje	65	08/07/17	Burnaby, BC
<b>M70</b>	<b>9:57.60</b>	<b>Barrie Dargie</b>	<b>74</b>	<b>15/06/18</b>	<b>Langley, BC</b>
W45	10:11.35	Nancy Cochrane	49	26/07/01	Baton Rouge, LA
W50	8:41.67	Leslie Stevens	50	30/08/16	Vancouver, BC

**4 x 100M RELAY**

M35	44.90	Brian Carnate (39), Marvin Johnson (43) Luke Wang (45), Steve Colbert (52)	09/07/17	Burnaby, BC
<b>M40</b>	<b>45.93</b>	<b>Brian Carnate (40), Marvin Johnson (44) Charles Oamen (44), Jay Guzman (44)</b>	<b>03/08/18</b>	<b>Surrey, BC</b>
<b>M45</b>	<b>51.10</b>	<b>Haijun Yu (48), Sam Walker (47) Will Harrower (46), Faraaz Taiyab (45)</b>	<b>03/08/18</b>	<b>Surrey, BC</b>
<b>M50</b>	<b>49.80</b>	<b>Jess Aujla(53), Rob Smith(50) Mike Bradecamp(53), Steve Colbert(53)</b>	<b>17/06/18</b>	<b>Langley, BC</b>
M55	50.49	Herb Gee (61), Tony Badowski (59) Lee Southern (58), Harold Morioka (59)	16/06/02	Langley, BC
M60	53.03	Herb Gee (60), Larry Forseille (64) Les Friesen (64), Doug Fraser (63)	08/07/01	Burnaby, BC
M65	54.17	Tony Badowski (67), Lee Southern (65) Harold Morioka (67), Tuomas Ukonmaanaho (65)	20/06/10	Langley, BC
M70	58.33	Tony Blenman(71), Francisco Machado(71) Harold Morioka (74), Sewa Birring (71)	15/09/17	Vernon, BC
<b>M75</b>	<b>1:03.17</b>	<b>Dave Munro(76), Harold Morioka(75) Surinder Shah(75), David McGraw(75)</b>	<b>04/08/18</b>	<b>Surrey, BC</b>
M80	1:14.61	Les Robson (83), Isaac Thiessen (81) Norm Lesage (80), Adrian Meeuwissen (80)	16/09/10	Courtenay, BC
M85	1:42.81	Ron Huckerby (88), Scot Henney (92) Issac Thiessen (88), Joe Giegerich (85)	15/09/17	Vernon, BC
W35	54.96	Megan Rankin (46), Zelda Webber (39) Georgina Titus (42), Kim Ross (46)	17/06/07	Langley, BC

W40	53.63	Megan Rankin (47), Zeldia Webber (40) Georgina Titus (43), Kim Ross (47)	22/07/08	Burnaby, BC
<b>W45</b>	<b>1:00.09</b>	<b>Tamara Robertson(48), Cindy O'Brien Hugh(59) Karen Sieben(55), Patti Rogers(58)</b>	<b>17/06/18</b>	<b>Langley, BC</b>
W50	1:01.33	Megan Rankin (52), Urith Hayley (62) Elaine Whidden (58), Jill Elliott (50)	16/06/13	Langley, BC
<b>W55</b>	<b>59.20</b>	<b>Cindy O'Brien Hugh(59), Elaine Whidden(63) Monica Pomietlarz(59), Patti Rogers(58)</b>	<b>03/08/18</b>	<b>Surrey, BC</b>
W60	1:03.74	Deborah Lee (64), Christa Bortignon (78) Urith Hayley (64), Elaine Whidden (60)	26/04/15	Eugene, OR
<b>W65</b>	<b>1:06.51</b>	<b>Deborah Lee(68), Urith Hayley(67) Marie Johnson(65), Karen Shook(67)</b>	<b>03/08/18</b>	<b>Surrey, BC</b>
W70	1:12.01	Diane Palmason (72), Gerda Crosthwaite (71) Louise Reed (75), Christa Bortignon (73)	16/09/10	Courtenay, BC
W80	1:49.15	Hildegard Buschhaus(80), Olga Kotelko(89) Doreen McLeod-Smith (83), Leona Smith (80)	13/09/08	Prince George, BC

#### 4 x 400M RELAY

M40	3:50.34	Brent Davy (45), Gord Carscadden (44) John Mayr (41), Ian Faget (40)	20/08/00	Kamloops, BC
<b>M45</b>	<b>4:17.40</b>	<b>Sam Walker (47), Will Harrower (46) Garret Gentle (49), Shahryar Nouraei (47)</b>	<b>05/08/18</b>	<b>Surrey, BC</b>
M50	4:11.46	Alex Galo (50), Alvaro Galo (51) Mark Phillips (51), Mark Pinckard (56)	05/07/16	Surrey, BC
M55	4:05.2(h)	Tony Badowski (59), Jess Brewer (56) Barry Meier (57), Harold Morioka (59)	13/04/02	Richmond, BC
<b>M60</b>	<b>4:38.90</b>	<b>David Wall (62), Brent Davy (63) Tom Ukonmaanaho (73), Reidar Zapf-Gilje (66)</b>	<b>05/08/18</b>	<b>Surrey, BC</b>
M65	4:37.32	Francisco Machado (71), Hardev Sandhu (68) Barry Sparkes (66), Reidar Zapf-Gilje (65)	16/09/17	Vernon, BC
M70	4:53.44	Tom Ukonmaanaho (71), Sewa Birring (70) Jess Brewer (70), Mark Stewart (72)	30/08/16	Vancouver, BC
M80	8:19.69	Wolfgang Heinzmann(81), Bruce Butcher(83) George Sennewald (80), Karl Mey (81)	15/09/17	Vernon, BC
<b>W40</b>	<b>4:39.82</b>	<b>Tamara Robertson(48), Melina Thibodeau (46) Janette Wood(58) Jeannette Van Den Bulk(40)</b>	<b>05/08/18</b>	<b>Surrey, BC</b>
W50	5:00.79	Kristin Burris(51), Linda Ordowski(56) Cindy O'Brien Hugh(58), Leslie Stevens(50)	30/08/16	Vancouver, BC
W55	5:08.78	Cindy O'Brien Hugh(59), Elaine Whidden(62) Valerie Scott (62), Janette Wood (57)	16/09/17	Vernon, BC
W60	5:19.48	Coleen Ross(64), Marie Johnson(63) Valerie Scott(61), Elaine Whidden(61)	30/08/16	Vancouver, BC
<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
M55	10:15.12	Keith Wakelin(57), Wayne Crowe (60) Michael Lax (59), Danny Keyes (55)	23/07/16	Victoria, BC
W55	12:28.43	Linda Ordowski (57), Sharon Hann (57) Debbie Jordan (60), Janette Wood (57)	11/07/17	Surrey, BC

#### LONG JUMP

<b>M35</b>	<b>6.01</b>	<b>0.3</b>	<b>Dwight Liburd</b>	<b>35</b>	<b>05/05/18</b>	<b>Kamloops, BC</b>
M40	6.48		Jim Bissenden	42	19/08/00	Kamloops, BC
M45	6.18		Roger Ruth	45	16/09/73	Victoria, BC
M50	5.48		Roger Ruth	50	01/07/78	Richmond, BC
M55	5.37	-0.4	John Hawkins	57	17/06/06	Langley, BC
M60	5.13	1.6	John Hawkins	61	19/06/10	Joplin, MO

M65	4.81	1.9	Tony Badowski	65	11/09/08	Prince George, BC
M70	4.07	0.6	Adrian Meeuwissen	74	02/09/04	Penticton, BC
M75	4.14	0.6	Adrian Meeuwissen	75	25/08/05	Duncan, BC
M80	3.55	0.0	Larry (Gordon) Chalmers	80	12/10/09	Sydney, AUS
M85	2.72	0.0	Joe Giegerich	85	11/08/17	Toronto, ON
M90	1.40	1.1	Harry Thompson	92	20/06/15	Langley, BC
W35	4.82		Erna Kozak	37	15/06/82	Richmond, BC
W40	4.86	1.3	Georgina Titus	43	09/08/08	Spokane, WA
W45	4.67	0.4	Becky Willis	48	21/08/96	Eugene, OR
<b>W50</b>	<b>4.54</b>	<b>-0.1</b>	<b>Sunette Lessing</b>	<b>50</b>	<b>05/08/18</b>	<b>Surrey, BC</b>
W55	4.21	1.7	Miriam Cavani	55	02/07/16	Kelowna, BC
W60	4.06	0.5	Margaret Rhebergen	62	17/06/17	Langley, BC
W65	3.66	0.7	Deborah Lee	66	02/07/16	Kelowna, BC
W65	3.66	0.6 tie	Deborah Lee	67	08/07/17	Burnaby, BC
W70	3.48	0.0	Christa Bortignon	74	15/09/11	Lignano, ITA
W75	3.72	0.0	Christa Bortignon	76	06/07/13	Burnaby, BC
W80	3.29	1.8	Christa Bortignon	80	08/07/17	Burnaby, BC
W85	2.13	0.4	Olga Kotelko	85	17/07/04	Calgary, AB
W90	1.77	-0.6	Olga Kotelko	90	07/08/09	Lahti, FIN
W95	1.28	1.5	Olga Kotelko	95	17/05/14	Kamloops, BC

### TRIPLE JUMP

M35	11.96	0.3	Johan Wolff	38	21/06/09	Langley, BC
M40	13.03		Roger Ruth	43	26/09/71	Victoria, BC
M45	12.70	0.7	Hugh Maguire	46	25/07/10	Sacramento, CA
M50	12.94	-0.6	Hugh Maguire	50	08/08/13	Turin, ITA
M55	11.05	-1.7	Warren Hamill	56	14/07/02	Toronto, ON
M60	9.98	1.8	Reidar Zapf-Gilje	63	26/08/15	Burnaby, BC
M65	9.43	0.0	Reidar Zapf-Gilje	65	14/09/17	Vernon, BC
M70	8.38	0.0	Harnek Toor	70	29/08/16	Vancouver, BC
M75	7.35	0.5	Harry Thompson	75	??/08/98	Eugene, OR
<b>M75</b>	<b>7.74</b>	<b>-1.6</b>	<b>Lynn Thompson</b>	<b>78</b>	<b>09/06/18</b>	<b>Duncan, BC</b>
M75	8.09	nwi	Adrian Meeuwissen	75	26/08/05	Duncan, BC
M80	7.19	0.6	Larry(Gordon)Chalmers	82	19/08/11	Trail, BC
<b>M85</b>	<b>6.20</b>	<b>0.0</b>	<b>Joe Giegerich</b>	<b>86</b>	<b>04/08/18</b>	<b>Surrey, BC</b>
M90	3.68	-0.8	Harry Thompson	92	21/06/15	Langley, BC
W40	7.80	-0.1	Iuliana Kroeger	41	20/06/10	Langley, BC
W45	9.60	-1.2	Debbie Brill	49	30/06/02	Eugene, OR
W50	7.71	1.9	Margaret Rhebergen	54	19/07/09	Kamloops, BC
W55	8.59	-0.3	Margaret Rhebergen	58	18/05/14	Kamloops, BC
W60	8.30	0.0	Margaret Rhebergen	62	18/06/17	Langley, BC
W65	8.35	-0.9	Deborah Lee	65	18/07/15	Seattle, WA
W70	7.87	0.9	Christa Bortignon	74	19/08/11	Trail, BC
W75	8.11	0.4	Christa Bortignon	75	10/10/12	St. George, UT
W80	7.16	-0.9	Christa Bortignon	80	06/05/17	Kamloops, BC
W85	4.41	0.2	Olga Kotelko	88	17/06/07	Langley, BC
W90	4.25	0.2	Olga Kotelko	90	18/09/09	Richmond, BC
W95	3.37	0.4	Olga Kotelko	95	18/05/14	Kamloops, BC

### HIGH JUMP

M35	1.90		John Hawkins	35	05/07/84	Richmond, BC
	1.90		Kevin Harrison	39	26/06/05	Abottsford, BC
M40	1.90		John Hawkins	42	08/06/91	Oshawa, ON
M45	1.85		John Hawkins	47	17/08/96	Spokane, WA
M50	1.77		John Hawkins	50	29/08/99	Gateshead, GBR
M55	1.78		John Hawkins	55	21/08/04	Carthage, MO
M60	1.70		John Hawkins	61	19/06/10	Joplin, MO
M65	1.50		John Hawkins	65	13/09/14	Langley, BC
M65	1.50	tie	John Hawkins	66	28/08/15	Burnaby, BC
<b>M70</b>	<b>1.35</b>		<b>Heinz Peter</b>	<b>70</b>	<b>01/07/18</b>	<b>Kelowna, BC</b>
M75	1.25		Les East	75	13/09/14	Langley, BC
M80	1.15		Keith Taylor	80	23/08/13	Kamloops, BC
M85	1.00		Joe Giegerich	85	09/07/17	Burnaby, BC
W35	1.88		Debbie Brill	35	23/04/88	Walnut, CA
W40	1.75		Debbie Brill	43	10/08/96	Victoria, BC
W45	1.76		Debbie Brill	46	06/08/99	Gateshead, GBR
W50	1.60		Debbie Brill	51	19/06/04	Langley, BC

<b>W55</b>	<b>1.38</b>	<b>Monica Pomietlarz</b>	<b>59</b>	<b>16/06/18</b>	<b>Langley, BC</b>
W60	1.30	Margaret Rhebergen	61	06/05/17	Kamloops, BC
W65	1.25	Sandy Anderson	68	20/06/08	Surrey, BC
W70	1.20	Sandy Anderson	71	13/07/11	Sacramento, CA
W75	1.13	Christa Bortignon	75	24/08/12	Burnaby, BC
W80	0.99	Olga Kotelko	81	10/10/00	St. George, UT
W85	0.94	Olga Kotelko	85	28/08/04	Dorado, PUR
W90	0.82	Olga Kotelko	90	01/08/09	Lahti, FIN
W95	0.75	Olga Kotelko	95	18/05/14	Kamloops, BC

### POLE VAULT

M35	4.55	Owen Clements	36	24/06/01	Victoria, BC
M40	4.60	Roger Ruth	44	07/09/72	Goteborg, SWE
M45	4.57	Roger Ruth	45	21/07/73	Seattle, WA
M50	3.96	Roger Ruth	50	09/09/78	Victoria, BC
M55	3.81	John Hawkins	55	02/10/04	Santa Barbara, CA
M60	3.70	Warren Hamill	60	25/06/06	Duncan, BC
M65	2.80	John Hawkins	66	27/08/15	Burnaby, BC
<b>M65</b>	<b>2.80</b>	<b>Bill Fisher</b>	<b>65</b>	<b>05/08/18</b>	<b>Surrey, BC</b>
M65	2.82	Gerard Dumas	66	27/08/01	Bellingham, WA
M70	2.65	Gerard Dumas	70	05/05/05	Victoria, BC
M75	2.22	Gerard Dumas	75	08/05/10	Victoria, BC
	2.22	Gerard Dumas	78	17/09/13	Victoria, BC
M80	2.02	Gerard Dumas	80	24/09/15	Victoria, BC
M85	1.60	Joe Giegerich	85	09/07/17	Burnaby, BC
W35	2.20	Christina Weir	35	15/06/13	Langley, BC
<b>W40</b>	<b>3.36</b>	<b>Jennifer Hunter</b>	<b>40</b>	<b>29/07/18</b>	<b>Spokane, WA</b>
W45	3.03	Nancy Craig	49	09/05/15	Victoria, BC
W50	2.90	Nancy Craig	50	07/05/16	Victoria, BC
W55	2.05	Margaret Rhebergen	59	10/09/14	Langley, BC
<b>W60</b>	<b>1.80</b>	<b>Margaret Rhebergen</b>	<b>62</b>	<b>04/05/18</b>	<b>Kamloops, BC</b>
W65	1.85	Sandy Anderson	69	09/05/09	Victoria, BC
W70	1.55	Sandy Anderson	71	18/08/11	Trail, BC
W75	1.05	Virginia, Hoover	75	29/08/16	Vancouver, BC

### SHOT PUT

M35	12.58	John Saari	39	16/06/13	Langley, BC
M40	13.84	D. Smart	--		
M45	14.32	John Pavelich	48	05/07/73	San Diego, CA
M50	14.69	John Pavelich	52	??/08/77	Gothenburg, SWE
M55	13.20	Don Allemeersch	55	16/09/09	Richmond, BC
M60	13.08	Mike Woodworth	62	17/07/04	Calgary, AB
<b>M65</b>	<b>12.54</b>	<b>Michael Deady</b>	<b>65</b>	<b>25/08/18</b>	<b>Vernon, BC</b>
M70	14.03	Marek Glowacki	70	18/06/11	Zielona Gora, POL
M75	12.95	Marek Glowacki	75	29/09/15	Sopot, POL
M80	11.40	Rainer Sillantaus	80	20/06/10	Langley, BC
M85	10.09	Rainer Sillantaus	86	24/09/16	Coquitlam, BC
M90	6.70	Scot Henney	92	13/08/17	Surrey, BC
M95	4.84	Jim Murray	95	15/09/10	Courtenay, BC

### **M40-49 (7.26 kg); M50-59 (6 kg); M60-69 (5 kg); M70-79 (4 kg); M80+ (3 kg)**

W35	12.50	Amelie Koloska	37	04/06/81	Vancouver, BC
W40	11.62	Norma Jordan			
W45	10.11	Carolynn Boomer	47	05/06/11	Kamloops, BC
W50	11.02	Carolynn Boomer	50	18/05/14	Kamloops, BC
W55	10.57	Monica Pomietlarz	58	28/05/17	Surrey, BC
W60	9.51	Lynda Braun	60	07/07/12	Burnaby, BC
W65	9.38	Gabriella Moro	65	24/08/12	Burnaby, BC
W70	7.91	Gabriella Moro	70	14/09/17	Vernon, BC
W75	7.47	Myrtle Acton	75	01/08/08	Regina, SK
	8.20	Myrtle Acton	78	19/08/11	Trail, BC
W80	6.09	Olga Kotelko	83	29/06/02	Eugene, OR
	7.34	Myrtle Acton	80	19/05/13	Kamloops, BC
W85	6.03	Olga Kotelko	85	01/10/04	Las Vegas, NV
<b>W85</b>	<b>6.34</b>	<b>Myrtle Acton</b>	<b>85</b>	<b>14/09/18</b>	<b>Cranbrook, BC</b>
W90	5.01	Olga Kotelko	90	18/09/09	Richmond, BC
W90	5.43	Olga Kotelko	91	17/09/10	Courtenay, BC
W95	4.91	Olga Kotelko	95	16/05/14	Kamloops, BC



**DISCUS**

M35	39.64	<b>M35-49 (2.0 kg);</b>	James O'Kane	36	03/06/12	Calgary, AB
M40	44.64		B. Flaherty	--	??/??/??	??
M45	45.58		John Pavelich	49	??/??/74	??
M50	45.12		John Pavelich	52	10/08/77	Gothenburg, SWE
M55	45.23		Don Allemeersch	56	19/06/10	Langley, BC
M60	49.07		Mike Woodworth	62	18/07/04	Calgary, AB
<b>M65</b>	<b>46.10</b>		<b>Michael Deady</b>	<b>65</b>	<b>25/08/18</b>	<b>Vernon, BC</b>
M70	40.55		Marek Glowacki	70	21/05/11	Lagiewniki, POL
M75	39.94		Marek Glowacki	75	29/09/15	Sopot, POL
<b>M80</b>	<b>26.97</b>		<b>Bakhshish Dhillon</b>	<b>80</b>	<b>13/09/18</b>	<b>Cranbrook, BC</b>
M85	21.28		Jim Murray	85	09/07/00	Burnaby, BC
M90	17.60		Jim Murray	91	17/06/06	Langley, BC
M95	14.06		Jim Murray	95	16/09/10	Courtenay, BC

**W35-74 (1.0 kg); W75+ (0.75kg from May 01, 2010)**

W35	35.10		Pina Russo	35	02/03/10	Kamloops, BC
	40.35	<b>p</b>	Anna Modsdell-Jack	36	10/06/06	Port Alberni, BC
W40	31.55		Nicole Carlos	43?	17/06/17	Langley, BC
W45	33.79		Berni Juert	45	18/07/09	Kamloops, BC
<b>W50</b>	<b>26.76</b>		<b>Julia Hengster</b>	<b>51</b>	<b>09/06/18</b>	<b>Duncan, BC</b>
<b>W55</b>	<b>26.68</b>		<b>Ljiljan Ljubisic</b>	<b>57</b>	<b>05/08/18</b>	<b>Surrey, BC</b>
W60	27.63		Rose Hare	63	18/02/12	Indio, CA
W65	25.86		Rose Hare	65	05/07/14	Burnaby, BC
<b>W70</b>	<b>23.18</b>		<b>Cheryl Closkey</b>	<b>70</b>	<b>19/05/18</b>	<b>Kelowna, BC</b>
W75	20.55	1 kg	Myrtle Acton	75	21/06/08	Surrey, BC
W80	16.88	1 kg	Olga Kotelko	80	26/06/99	Kelowna, BC
W80	17.95	.75kg	Myrtle Acton	81	16/05/14	Kamloops, BC
W85	15.35	1 kg	Olga Kotelko	88	03/08/07	Orono, ME
<b>W85</b>	<b>16.32</b>	.75kg	<b>Myrtle Acton</b>	<b>85</b>	<b>13/09/18</b>	<b>Cranbrook, BC</b>
W90	14.80	1 kg	Olga Kotelko	90	06/08/09	Lahti, FIN
W95	12.04	.75 kg	Olga Kotelko	95	17/05/14	Kamloops, BC

**JAVELIN**

M35	72.50	<b>M35-49 (800g);</b>	Graham Morfitt	36	09/05/03	Port Alberni, BC
M40	68.14		Erin Bevins	40	18/06/11	Courtenay, BC
M45	60.42		Graham Morfitt	47	08/06/14	Duncan, BC
M50	63.39		Graham Morfitt	50	24/06/17	Courtenay, BC
M55	47.48		Victor Njume	57	19/08/00	Kamloops, BC
M60	47.42		Victor Njume	63	25/08/06	Abbotsford, BC
M65	44.60		Victor Njume	67	16/09/10	Courtenay, BC
M70	44.30		Victor Njume	70	22/08/13	Kamloops, BC
<b>M75</b>	<b>39.37</b>		<b>Victor Njume</b>	<b>75</b>	<b>05/08/18</b>	<b>Surrey, BC</b>
M80	32.37		Rainer Sillantaus	81	11/07/11	Sacramento, CA
<b>M85</b>	<b>20.87</b>		<b>Rainer Sillantaus</b>	<b>88</b>	<b>05/08/18</b>	<b>Surrey, BC</b>
M90	16.78		Scot Henney	90	26/08/15	Burnaby, BC
M95	9.80		Jim Murray	95	19/06/10	Langley, BC

**W35-49 (600g); W50-74 (500g) (BEFORE 2014: W60-74 (400g); W75+ (400g)**

W35	53.52		Amelie Koloska	37	11/06/81	Burnaby, BC
W40	47.46		Amelie Koloska	41	21/08/85	Toronto, ON
W45	26.03		Georgina Titus	46	18/06/11	Langley, BC
W50	31.98		Monica Pomietlarz	50	19/07/09	Kamloops, BC
W55	31.45		Monica Pomietlarz	59	13/09/17	Vernon, BC
W60	34.47	(400g)	Marg Radcliffe	61	10/05/03	Nanaimo, BC
<b>W60</b>	<b>25.09</b>	(500g)	<b>Terri Jones</b>	<b>61</b>	<b>05/08/18</b>	<b>Surrey, BC</b>
W65	29.41	(400g)	Marg Radcliffe	65	09/10/07	St. George, UT
W65	26.65	(500g)	Marilyn Benz	66	18/06/16	Langley, BC
W70	26.43	(400g)	Marg Radcliffe	70	08/10/12	St. George, UT
W70	23.48	(500g)	Marg Radcliffe	74	27/08/16	Vancouver, BC
W75	23.16		Marg Radcliffe	75	16/10/17	St. George, UT
W80	18.35		Olga Kotelko	81	07/11/00	Mar Del Plata, ARG
W85	18.56		Olga Kotelko	85	26/06/04	Eugene, OR
W90	13.54		Olga Kotelko	90	03/08/09	Lahti, FIN
W95	11.24		Olga Kotelko	95	29/03/14	Budapest, HUN

**HAMMER**

M35	36.01	<b>M35-49 (7.26 kg);</b>	Winston Giles	39	14/06/13	Langley, BC
M40	55.12	<b>M50-59 (6 kg);</b>	Mike Cairns	40	28/05/83	Richmond, BC
M45	52.13	<b>M60-69 (5 kg);</b>	Glenn McAtee	45	24/03/17	Columbia, SC
M50	47.83	<b>M70-79 (4 kg);</b>	Mike Duffala	54	26/06/10	Courtenay, BC
M55	43.92	<b>M80+ (3kg)</b>	Cory Holly	59	12/09/17	Vernon, BC
<b>M60</b>	<b>45.83</b>		<b>Cory Holly</b>	<b>60</b>	<b>11/07/18</b>	<b>Kamloops, BC</b>
M65	40.82		Walter Jenkins	65	03/08/86	Springfield, OR
M70	42.74		Marek Glowacki	70	16/07/11	Sacramento, CA
M75	36.19		Marek Glowacki	75	01/07/16	Kelowna, BC
<b>M80</b>	<b>35.24</b>		<b>Bakhshish Dhillon</b>	<b>80</b>	<b>15/06/18</b>	<b>Langley, BC</b>
M85	24.78		Douglas Monds	85	11/09/14	Langley, BC
M90	17.46		Scot Henney	92	13/08/17	Surrey, BC
M95	13.40		Jim Murray	95	18/06/10	Langley, BC

**W35-49 (4.0 kg); W50-74 (3.0 kg); W75+ (2.0 kg from May 01, 2010)**

W35	50.74		Hardeep Kaur	39	03/07/16	Kelowna, BC
W40	50.75		Hardeep Kaur	40	16/07/17	Coquitlam, BC
W45	34.13		Denise Clements	46	05/05/07	Courtenay, BC
W50	37.75		Denise Clements	50	12/07/11	Sacramento, CA
<b>W55</b>	<b>34.86</b>	<b>p</b>	<b>Nancy Smith</b>	<b>55</b>	<b>30/09/18</b>	<b>Langley, BC</b>
W60	33.18		Rose Hare	63	28/04/12	Surrey, BC
W65	32.78		Rose Hare	65	05/07/14	Burnaby, BC
W70	27.79		Kathy Brand	72	16/05/15	Kamloops, BC
<b>W75</b>	<b>30.10</b>	<b>2 kg</b>	<b>Kathy Brand</b>	<b>76</b>	<b>11/07/18</b>	<b>Kamloops, BC</b>
W80	19.67	<b>3 kg</b>	Olga Kotelko	83	11/08/02	Orono, ME
W80	22.46	<b>2 kg</b>	Myrtle Acton	82	27/08/15	Burnaby, BC
W85	18.62	<b>3 kg</b>	Olga Kotelko	85	04/09/04	Penticton, BC
<b>W85</b>	<b>20.39</b>	<b>2 kg</b>	<b>Myrtle Acton</b>	<b>85</b>	<b>13/09/18</b>	<b>Cranbrook, BC</b>
W90	16.71	<b>2 kg</b>	Olga Kotelko	92	08/07/11	Sacramento, CA
W95	14.92		Olga Kotelko	95	16/05/14	Kamloops, BC

**WEIGHT THROW**

M35	12.56	<b>M35-49 (35#);</b>	John Saari	39	14/06/13	Langley, BC
M40	15.78	<b>M50-59 (25#);</b>	Glenn McAtee	43	06/03/16	Marietta, GA
M45	12.07	<b>M60-69 (20#);</b>	Shane Wiebe	47	13/08/17	Toronto, ON
<b>M50</b>	<b>13.96</b>	<b>M70-79 (16#);</b>	<b>Graham Morfitt</b>	<b>51</b>	<b>04/08/18</b>	<b>Surrey, BC</b>
M55	15.51	<b>M80+ (12#)</b>	Dave McDonald	58	25/08/12	Burnaby, BC
M60	16.95		Dave McDonald	61	25/04/15	Surrey, BC
M65	13.83		Reidar Zapf-Gilje	65	15/10/17	Surrey, BC
M70	16.64		Marek Glowacki	70	04/06/11	Stargard Szczecinski, POL
M75	14.22		Marek Glowacki	76	15/07/17	Puck, POL
<b>M80</b>	<b>13.79</b>		<b>Bakhshish Dhillon</b>	<b>80</b>	<b>04/08/18</b>	<b>Surrey, BC</b>
M85	10.20		Jim Murray	85	19/08/00	Kamloops, BC
M90	8.86		Scot Henney	92	13/08/17	Surrey, BC
M95	5.54		Jim Murray	95	15/09/10	Courtenay, BC
W40	10.27	<b>W35-49 (20#);</b>	Judy MacDonald	41	20/06/08	Surrey, BC
W45	10.75	<b>W50-59 (16#);</b>	Denise Clements	49	12/10/09	Sydney, AUS
W50	12.52	<b>W60-74 (12#);</b>	Denise Clements	50	11/07/11	Sacramento, CA
W55	8.83	<b>W75+ (4.0 kg from May 01, 2010)</b>	Celina Wong	55	13/08/17	Surrey, BC
W60	12.28		Rose Hare	63	15/06/12	Langley, BC
W65	12.21		Rose Hare	66	19/06/15	Langley, BC
<b>W70</b>	<b>10.83</b>		<b>Cheryl Closky</b>	<b>70</b>	<b>29/07/18</b>	<b>Toronto ON</b>
W75	8.43	<b>12 #</b>	Myrtle Acton	75	12/09/08	Prince George, BC
	10.45	<b>4 kg</b>	Myrtle Acton	78	19/08/11	Trail, BC
W80	8.29	<b>12 #</b>	Olga Kotelko	83	09/10/02	Melbourne, AUS
	8.76	<b>4 kg</b>	Myrtle Acton	80	14/06/13	Langley, BC
W85	7.72	<b>12 #</b>	Olga Kotelko	85	17/07/04	Calgary, AB
<b>W85</b>	<b>8.30</b>	<b>4 kg</b>	<b>Myrtle Acton</b>	<b>85</b>	<b>14/09/18</b>	<b>Cranbrook, BC</b>
W90	6.58	<b>12 #</b>	Olga Kotelko	90	17/07/09	Kamloops, BC
W90	7.90	<b>4 kg</b>	Olga Kotelko	91	17/09/10	Courtenay, BC
W95	6.72	<b>4 kg</b>	Olga Kotelko	95	13/06/14	Langley, BC

**SUPER WEIGHT**

M40	8.47	<b>M35-59 (56#);</b>	Glenn McAtee	44	04/06/16	Greenville, SC
M45	6.72	<b>M60-69 (44#);</b>	Jody Cranston	46	30/07/16	Seattle, WA
M50	6.02	<b>M70-79 (35#),</b>	Andrew Arthur	54	07/08/16	Surrey, BC
		<b>M80+ (25#)</b>				

M55	6.70	Andrew Arthur	55	13/08/17	Surrey, BC
M60	8.19	Dave McDonald	61	11/04/15	Coos Bay, OR
M65	5.34	Mohan Bains	67	15/10/17	Surrey, BC
<b>M70</b>	<b>8.13</b>	<b>Harneek Toor</b>	<b>72</b>	<b>27/05/18</b>	<b>Langley, BC</b>
<b>M75</b>	<b>4.83</b>	<b>Surinder Shah</b>	<b>75</b>	<b>30/09/18</b>	<b>Langley, BC</b>
M80	6.33	Udo Grady	80	30/08/15	Seattle, WA
M90	3.91	Scot Henney	91	07/08/16	Surrey, BC

		<b>W35-49 (35#); W50-79 (25#); W80+ (20#)</b>			
<b>W50</b>	<b>6.11</b>	<b>Nancy Smith</b>	<b>54</b>	<b>27/05/18</b>	<b>Langley, BC</b>
W55	4.06	Nancy Cochrane	56	06/09/08	Seattle, WA
W65	7.84	Rose Hare	67	07/08/16	Surrey, BC
W75	5.44	Frances Steinfeld	79	13/08/17	Surrey, BC
W85	4.89	Olga Kotelko	88	13/05/07	Eugene, OR

<b>THROWS PENTATHLON</b>		<b>* 2014 tables (recalculated)</b>	<b>Sequence of Events: (HT, SP, DT, JT, WT)</b>		
M35	2570*	John Saari	39	17/05/13	Kamloops, BC
		(29.48/356, 12.30/652, 39.17/659, 31.51/326, 11.98/577)			
M40	3141*	Graham Morfitt	42	07/08/09	Lahti, FIN
		(31.82/444, 10.97/619, 33.47/601, 62.59/859, 11.88/618)			
<b>M45</b>	<b>3203</b>	<b>Shane Wiebe</b>	<b>48</b>	<b>03/08/18</b>	<b>Surrey, BC</b>
		(35.22/582, 12.28/775, 34.50/696, 40.15/ 545, 10.87/605)			
<b>M50</b>	<b>3334</b>	<b>Graham Morfitt</b>	<b>51</b>	<b>03/08/18</b>	<b>Surrey, BC</b>
		(35.30/543, 10.69/638, 33.64/551, 58.46/916, 13.50/686)			
M55	3340*	Dave McDonald	58	21/07/12	Seattle, WA
		(40.67/734, 9.90/641, 35.06/643, 39.48/630, 12.69/692)			
<b>M60</b>	<b>3619</b>	<b>Johannes Peters</b>	<b>64</b>	<b>03/08/18</b>	<b>Surrey, BC</b>
		(41.77/753, 11.67/763, 43.86/800, 32.58/531, 15.01/772)			
<b>M60</b>	<b>3813</b>	<b>Johannes Peters</b>	<b>64</b>	<b>??/04/18</b>	<b>West AMA Champs, 26-29</b>
		(42.08/760, 11.54/753, 45.68/840, 36.57/614, 16.25/846)			
M65	3698*	Reidar Zapf-Gilje	65	15/10/17	Surrey, BC
		(35.07/699, 11.61/838, 37.31/734, 35.45/668, 13.83/759)			
M70	4206*	Marek Glowacki	70	17/07/11	Sacramento, CA
		(37.81/758, 13.20/907, 38.29/848, 38.09/798, 15.59/895)			
M75	3958*	Marek Glowacki	75	30/08/16	Vancouver, BC
		(33.53/764, 12.14/912, 32.46/798, 28.70/653, 13.58/831)			
<b>M80</b>	<b>3784</b>	<b>Bakhshish Dhillon</b>	<b>80</b>	<b>03/08/28</b>	<b>Surrey, BC</b>
		(32.76/861, 9.40/737, 25.50/704, 25.14/628, 13.09/854)			
M85	2573*	Doug Monds	85	12/09/14	Langley, BC
		(14.87/399, 6.92/586, 16.34/501, 15.32/404, 9.75/683)			
M90	3240? (imple)	Jim Murray	90	31/07/05	Edmonton, AB
	HT & SP = 4kg	(15.31/549, 6.02/961, 16.56/673, 13.35/426, 7.89/631)			<b>M95=757</b>
<b>W40</b>	<b>2663</b>	<b>Nicole Carlos</b>	<b>44</b>	<b>03/08/18</b>	<b>Surrey, BC</b>
		(30.23/614, 7.93/451, 30.23/533, 27.13/498, 9.46/ 567)			
W45	2837*	Denise Clements	49	18/10/09	Sydney, AUS
		(30.44/683, 8.76/560, 25.51/477, 21.14/408, 10.43/709)			
W50	3115*	Denise Clements	50	05/06/11	Sidney, BC
		(36.40/860, 9.35/647, 21.69/434, 19.93/405, 12.25/769)			
W55	2583*	Rose Hare	59	13/09/07	Nanaimo, BC
		(21.76/502, 8.92/676, 22.56/510, 17.64/392, 7.88/503)			
W60	3432*	Rose Hare	64	26/07/13	Regina, BC
		(29.98/844, 8.75/736, 22.44/573, 19.38/500, 12.10/779)			
W65	4058*	Rose Hare	65	16/05/14	Kamloops, BC
		(30.37/971, 9.33/893, 23.78/706, 21.66/655, 11.70/833)			
<b>W70</b>	<b>3798</b>	<b>Cheryl Closkey</b>	<b>70</b>	<b>15/09/18</b>	<b>Cranbrook, BC</b>
		(24.21/852, 6.87/711, 23.11/801, 17.50/605, 10.54/829)			
W75	3844*	Myrtle Acton	78	19/08/11	Trail, BC
		(26.08/917, 8.20/862, 17.81/623, 17.55/667, 10.45/755)			
W80	3564*	Myrtle Acton	81	12/09/14	Langley, BC
		(20.38/801, 6.57/769, 17.65/742, 12.61/556, 8.63/696)			

W85	4030*? (imple)	Olga Kotelko	85	18/07/04	Calgary, AB (17.62/811, 5.85792, 14.55/737, 16.94/991, 7.72/699)
W90	4317*	Olga Kotelko	4	91	2010 Courtenay (14.59/809, 5.43/880, 13.65/896, 11.79/891, 7.90/841)
W95	5016*	Olga Kotelko	95	16/05/14	Kamloops, BC (14.92/1097, 4.91/985, 11.75/1066, 9.64/1072, 6.41/796)

**PENTATHLON \* 2014 Tables (recalculated) MEN's Sequence of Events: (LJ, JT, 200, DT, 1500)**

M35	2468*	James O'Kane	37	19/06/13	Toronto, ON (5.59w:0.7/535, 44.59/517, 26.97w:1.4/482, 35.43/582, 5:42.91/352)
M40	2393*	Gary Silvester	41	17/07/09	Kamloops, BC (5.38 +0.5/556, 33.23/386, 25.86 -3.2/634, 29.76/519, 6:09.74/298)
M45	2803*	Brock Pullen	47	21/08/96	Eugene, OR (4.90/512, 39.82/539, 27.51/572, 34.12/687, 5:41.83/493)
M50	3237*	Reidar Zapf-Gilje	53	30/07/05	Edmonton, AB (4.77/556, 37.79/535, 26.89/690, 37.48/630, 4:55.43/826)
M55	2478*	Grant Lamothe	59	07/08/03	Eugene, OR (4.24/494, 33.74/517, 28.76/620, 25.68/435, 6:32.86/412)
M60	3575*	Reidar Zapf-Gilje	63	13/06/15	Tonsberg/NOR (4.58 w=0.0/684), 38.05/645, 29.01 w=0.0/677, 38.37/680, 5:13.42/889)
M65	3902*	Reidar Zapf-Gilje	65	11/08/17	Toronto, ON (4.39, +0.9/734, 37.08/706, 29.88 -2.6/699, 39.57/788, 5:14.80/975)
M70	2919*	Barry Adams	71	22/08/13	Kamloops, BC (3.43 w=0.5/512, 29.62/585, 32.51 w=1.5/619, 24.79/498, 6:30.03/705)
M75	2696*	Joe Giegerich	76	01/08/08	Regina, SK (3.35 +0.0/593, 19.67/402, 34.61 -1.6/608, 16.95/353, 6:52.98/740)
M85	2185*	Joe Giegerich	85	11/08/17	Toronto, ON (2.72, 0.0/591, 14.28/367, 43.11, -0.4/517, 11.58/321/ 10:48.69/389)

**WOMEN's Sequence of Events: (HUR, HJ, SP, LJ, 800)**

W40	2062	Olesea Chitul	43	03/08/18	Surrey, BC (16.77, 1.1/315, 1.21/439, 7.71/435, 3.69, 0.5/329, 2:50.45/544)
W45	3509*	Becky Willis	48	21/08/96	Eugene, OR (14.32/760, 1.49/891, 8.93/573, 4.67/697, 2:53.90/588)
W50	3089	Jeannie Cockcroft	53	03/08/18	Surrey, BC (15.39, 1.1/610, 1.48/991, 8.10/543, 4.12, -0.8/603, 3:29.58/342)
W55	2768*	Margaret Rhebergen	59	11/09/14	Langley, BC (16.70, 0.3/622, 1.26/771, 6.52/460, 3.52, nwi/482, 3:28.52/433)
W60	3272	Margaret Rhebergen	63	12/09/18	Cranbrook, BC (16.18, 0.1/712, 1.27/903, 6.50/513, 3.73, 0.4/663, 3:34.47/481)
W65	3039*	Sandy Anderson	68	07/08/08	Spokane, WA (18.81 +0.0/603, 1.19/916, 8.17/765, 2.81 +2.1/396, 4:06.02/359)
W70	3348*	Christa Bortignon	74	28/07/11	Berea, OH (20.76 (-0.7)/620, 1.06/818, 5.92/594, 3.36 (0.6)/756, 3:58.68/560)
W75	4743*	Christa Bortignon	75	09/08/12	Saint John, NB (19.71 0.7/974, 1.09/1054, 7.58/786, 3.48 1.7/1007, 3:39.57/922)
W80	4838	Christa Bortignon	81	03/08/18	Surrey, BC (20.12, 1.1/1284, 0.97/991, 6.34/737, 2.97, 0.0/981, 4:25.23/845)

**HEPTATHLON \*2014 Tables WOMEN's Sequence of Events: (HUR, HJ, SP, 200M & LJ, JT, 800M)**

W45	1927*	Rachel Fouladi	46	12-13/07/14	Kamloops, BC (18.92 w=1.2/251, 1.17/460, 4.60/239, 36.15 w= -0.5/323 & 2.82 w= -0.2/165, 7.35/91, 3:13.46/398)
W55	1969*	Nancy Cochrane	57	15-16/08/09	Shoreline, WA (21.50 (0.0)/183, 1.15/610, 5.68/385, 43.38 (1.2)/153 & 2.53 (0.0)/178, 12.89/264, 4:02.08/196)
W70	4840*	Christa Bortignon	74	06-07/07/11	Sacramento, CA (20.20 (-0.2)/674, 1.09/879, 6.20/628, 34.68 (1.0)/931 & 3.33 (2.7)/741, 10.33/294, 3:42.20/693)
W75	6519*	Christa Bortignon	76	03-04/08/13	Turin, ITA (18.26 (0.1)/1124, 1.09/1054, 7.35/758, 34.23 (-1.4)/1139 & 3.49 (-0.8)/1014, 16.30/613, 3:52.03/817)

**DECATHLON \* 2014 Tables (points recalculated)****MEN's Sequence of Events: (100, LJ, SP, HJ, 400 & HH, DT, PV, JT, 1500)**

M35	5312*	James O'Kane	37	14-15/06/13	Langley, BC
		(12.71w:0.6, 5.46w:0.4, 11.12, 1.78, 57.29 & 17.87w:0.1, 35.84, 3.30, 39.49, 5:28.88)			
		(547, 508, 578, 644, 586 & 553, 591, 444, 442, 419)			
M40	6112*	Steve Kemp	40	07-08/10/93	Miyazaki, JPN
		(12.08, 5.75, 10.33, 1.56, 57.51 & 16.72, 32.36, 3.00, 46.06, 4:50.85)			
		(736, 644, 576, 488, 648 & 741, 577, 413, 589, 700)			
M45	4966** (too high)	Brock Pullen (early tables)	46	17-18/06/95	Eugene, OR
M45	4720*	Grant Lamothe	45	17-18/06/95	Eugene, OR
		(13.89/1.6, 4.85/w=?, 10.59, 1.37, 62.65 & 20.54/w=?, 26.98, 2.27, 32.28, 5:37.02)			
		(485, 502, 651, 396, 531 & 450, 514, 264, 410, 517)			
M50	6547*	Reidar Zapf-Gilje	53	22-23/08/05	San Sebastian, SPN
		(13.23/2.3, 5.17/1.3, 11.64, 1.48, 59.58 & 17.04/2.1, 38.71, 2.90, 40.77, 4:58.68)			
		(669, 664, 706, 552, 718 & 692, 655, 496, 589, 806)			
M55	7079*	John Hawkins	57	15-16/07/06	Shoreline, WA
		(13.68/0.2, 5.31/0.0, 12.68, 1.75, 1:06.51 & 19.49/-0.2, 37.05, 3.80, 41.21, 6:18.00)			
		(669, 804, 858, 934, 550 & 525, 688, 910, 665, 476)			
M60	7243*	Warren Hamill	60	15-16/07/06	Shoreline, WA
		(13.83/-1.1, 4.90/-0.1, 11.57, 1.57, 1:05.90 & 17.38/0.6, 42.12, 3.30, 37.97, 6:32.24)			
		(723, 788, 755, 840, 650 & 770, 762, 816, 643, 496)			
M65	5179*	Grant Lamothe	65	15-16/08/09	Shoreline, WA
		(14.57; 0.8, 4.01; 0.1, 9.72, 1.18, 1:12.47 & 22.69; -0.5, 28.87, 1.70, 33.43, 7:23.27)			
		(687, 604, 681, 488, 529 & 381, 536, 271, 621, 381)			
M75	3153*	Danny Daniels	78	04-05/09/07	Riccione, ITA
		(17.43/0.3, 2.84/1.2, 7.19, 1.03, 1:44.30 & 21.51 w 0.6, 16.24, 1.30, 18.71, DNF)			
		(481, 404, 489, 496, 84 & 262, 334, 227, 376, 0)			
M80	4325*	Danny Daniels	80	28-29/07/09	Lahti, FIN
		(17.25 w 2.6, 2.88 w 1.6, 8.50, 1.06, 2:05.50 & 20.74 w 0.3, 19.17, 1.10, 22.03, 11:04.81)			
		(647, 527, 654, 644, 6 & 478, 494, 199, 532, 144)			

**WOMEN's Sequence of Events: (100, DT, PV, JT, 400 & HH, LJ, SP, HJ, 1500)**

W45	1989*	Anne Murfitt	49	15-16/08/09	Shoreline, WA
		(18.01 nwi, 17.02, 0, 15.69, 1:39.17 & 20.31 w:-1.0, 2.41 w:0.3, 6.21, 1.12, 8:05.57)			
		(264, 287, 0, 281, 7 & 147, 80, 361, 409, 153)			
W60	3376*	Nola Hendrie	60	06-07/08/16	Shoreline, WA
		(18.30/-0.9, 13.76, 1.65, 13.30, 1:44.24 & 21.00/-0.4, 2.91/0.5, 5.96, 0.99, 8:32.71)			
		(471, 313, 369, 298, 107 & 236, 352, 460, 470, 300)			
W65	5009*	Sandy Anderson	69	15-16/08/09	Shoreline, WA
		(17.94 w-0.5, 18.60, 1.60, 19.38, 1:55.27 & 19.34 w-0.4, 2.65 w 0.4, 7.48, 1.18, 8:41.06)			
		(607, 526, 412, 542, 67 & 550, 336, 688, 891, 390)			

**Note:**

- 1) As of May 01, 2010, the W75+ used lighter implements in the hammer, weight and shot.  
(Two sets of records will be kept for these events for a few years)
- 2) As of January 01, 2014, the W60-74 Javelin was changed from 400g to 500g.  
(Two sets of records will be kept for this event for a few years)
- 3) The Multi-events have been recalculated using the 2010/2014 Tables
- 4) Jim Murray (M90) and Olga Kotelko (W85) used the heavier implements during their Throws Pentathlon competition. (Prior to the changes in 2010).

**RACEWALKING RECORDS (OUTDOORS)****1500M TRACK**

M40	6:13.49	Dmitry Babenko	44	12/08/17	Toronto, ON	CR
M45	<b>6:18.02</b>	<b>Dmitry Babenko</b>	<b>45</b>	<b>04/08/18</b>	<b>Surrey, BC</b>	<b>CR</b>
M50	11:24.18	Jeff Byington	54	09/07/17	Burnaby, BC	
M55	7:12.98	Gerald Dragomir	57	18/07/09	Kamloops, BC	CR
M60	9:56.18	Bob Currie	64	14/09/17	Vernon, BC	
M65	<b>9:43.03</b>	<b>Jim Johnson</b>	<b>68</b>	<b>14/09/18</b>	<b>Cranbrook, BC</b>	
M70	10:34.47	Harneek Toor	70	02/07/16	Kelowna, BC	
M75	<b>10:25.35</b>	<b>Alan Vyse</b>	<b>76</b>	<b>14/09/18</b>	<b>Cranbrook, BC</b>	
M80	10:15.26	Don Currie	80	28/06/14	Kelowna, BC	CR
M85	<b>13:24.81</b>	<b>Hugo Hess</b>	<b>88</b>	<b>14/09/18</b>	<b>Cranbrook, BC</b>	<b>CR</b>

W40	7:16.98	Nardene Hammond	40	08/07/12	Burnaby, BC	CR
W45	10:20.25	Rachel Fouladi	45	07/07/13	Burnaby, BC	
W50	10:21.10	Jill Elliott	50	07/07/13	Burnaby, BC	
<b>W55</b>	<b>9:14.55</b>	<b>Susan Gordon</b>	<b>58</b>	<b>09/06/18</b>	<b>Duncan, BC</b>	
<b>W60</b>	<b>9:18.78</b>	<b>Suzanne Sharp</b>	<b>64</b>	<b>21/07/18</b>	<b>Tumwater, WA</b>	
W65	10:00.21	Ellie Halcrow	65	08/07/12	Burnaby, BC	
<b>W70</b>	<b>12:59.88</b>	<b>Sandra Barth</b>	<b>70</b>	<b>14/09/18</b>	<b>Cranbrook, BC</b>	
W75	10:35.70	Lenore Marvin	76	10/08/96	Victoria, BC	
<b>W80</b>	<b>12:07.67</b>	<b>Renate Cheetham</b>	<b>80</b>	<b>04/08/18</b>	<b>Surrey, BC</b>	

#### MILE

M40	6:35.15	Dmitry Babenko	44	28/06/17	Coquitlam, BC	CR
W55	13:29.86	Lori Graham	55	29/06/13	Eugene, OR	

#### 3000M TRACK

M35	13:49.52	Dmitry Babenko	39	15/06/12	Langley, BC	
M40	12:57.03	Dmitry Babenko	44	16/06/17	Langley, BC	CR
<b>M45</b>	<b>12:58.99</b>	<b>Dmitry Babenko</b>	<b>45</b>	<b>16/06/18</b>	<b>Langley, BC</b>	<b>CR</b>
M60	16:11.89	Gerald Dragomir	60	15/06/12	Langley, BC	
M65	21:13.38	Harneek Toor	68	27/06/14	Kelowna, BC	
M70	20:39.30	Jim Dyer	72	19/06/15	Langley, BC	
M75	27:22.35	Mac McNair	79	19/06/15	Langley, BC	
M80	21:06.88	Don Currie	80	27/06/14	Kelowna, BC	CR
W40	14:39.51	Nardene Hammond	41	14/06/13	Langley, BC	CR
W45	23:27.92	Rachel Fouladi	46	27/06/14	Kelowna, BC	
W55	23:44.9 (h)	Lori Graham	59	16/10/17	St. George, UT	
<b>W60</b>	<b>19:37.48</b>	<b>Suzanne Sharp</b>	<b>64</b>	<b>08/07/18</b>	<b>Burnaby, BC</b>	
W65	18:47.30	Ellie Halcrow	65	15/06/12	Langley, BC	CR
W75	24:58.47	Renate Cheetham	79	16/06/17	Langley, BC	
<b>W80</b>	<b>25:22.03</b>	<b>Renate Cheetham</b>	<b>80</b>	<b>16/06/18</b>	<b>Langley, BC</b>	<b>CR</b>

#### 5000M TRACK

M40	22:15.37	Dmitry Babenko	43	26/10/16	Perth, AUS	
<b>M45</b>	<b>22:39.18</b>	<b>Dmitry Babenko</b>	<b>45</b>	<b>05/08/18</b>	<b>Surrey, BC</b>	<b>CR</b>
M50	24:02.68	Gerry Dragomir	53	??/??/05	San Sebastian, SPN	
M70	38:07.70	Arthur Gee	72	29/08/16	Vancouver, BC	
M85	42:47.9(h)	Claude Bell	86	02/09/04	Penticton, BC	CR
W35	26:43.68	Nardene Hammond	39	07/07/11	Sacramento, CA	
W40	28:54.38	Nardene Hammond	43	07/08/15	Lyon, FRA	
W50	34:57.90	Faune Johnson June 9/48	53?	??/??/01	Brisbane, AUS	
W55	39:25.07	Lori Graham	59	22/07/17	Olympia, WA	
<b>W60</b>	<b>33:43.40</b>	<b>Suzanne Sharp</b>	<b>64</b>	<b>21/07/18</b>	<b>Tumwater, WA</b>	
W65	33:05.95	Flora Young	66	??/??/00	Kelowna, BC	
W70	33:29.5(h)	Lenore Marvin	71	06/09/91	Coquitlam, BC	CR
W75	36:46.36	Lenore Marvin	75	??/07/95	Buffalo, NY	
<b>W80</b>	<b>41:44.92</b>	<b>Renate Cheetham</b>	<b>80</b>	<b>05/08/18</b>	<b>Surrey, BC</b>	

#### 10000M TRACK

M40	46:10.63	Dmitry Babenko	44	16/07/17	Coquitlam, BC	CR
W55	1:24:12.80	Lori Graham	59	16/07/17	Coquitlam, BC	

#### 5K ROAD WALK (rounded up to full second)

M40	22:38	Dmitry Babenko	44	28/01/17	Santee, CA	CR
M65	38:10	Iain MacLean	69	27/02/05	Victoria, BC	
M85	43:09	Claude Bell	86	27/02/05	Victoria, BC	
W45	38:30	Rachel Fouladi	46	10/08/14	Richmond, BC	
W55	40:42	Lori Graham	59	18/10/17	St. George, UT	
W60	34:01	Suzanne Sharp	63	09/09/17	Edmonton, AB	
<b>W65</b>	<b>36:29</b>	<b>Suzanne Sharp</b>	<b>65</b>	<b>17/10/18</b>	<b>St. George, UT</b>	

#### 10K ROAD WALK (rounded up)

M40	46:57	Dmitry Babenko	41	13/09/14	Edmonton, AB	
<b>M45</b>	<b>47:36</b>	<b>Dmitry Babenko</b>	<b>45</b>	<b>10/09/18</b>	<b>Malaga, SPN</b>	
M50	49:34	Gerry Dragomir	53	27/02/05	Victoria, BC	
M55	52:32	Gerry Dragomir	58	05/03/10	Kamloops, BC	
M65	1:15:43	Anthony Haas	66	05/03/10	Kamloops, BC	

W35	53:09	Nardene Hammond	39	26/02/12	Victoria, BC
W40	57:02	Nardene Hammond	43	10/08/15	Lyon, FRA
W50	1:05:28	Linda Keatley-Campbell	53	05/03/10	Kamloops, BC
W55	1:07:54	Kathleen Kane	56	05/03/10	Kamloops, BC
W60	1:10.44	Suzanne Sharp	62	27/08/16	Vancouver, BC
W65	1:10.57	Lenore Marvin	69	30/07/89	Eugene, OR
W80	1:27:19	Ruth Carrier	80	12/07/11	Sacramento, CA

**20K ROAD WALK (rounded up)**

M40	1:37:28	Dmitry Babenko	43	04/11/16	Perth, AUS
<b>M45</b>	<b>1:40:36</b>	<b>Dmitry Babenko</b>	<b>45</b>	<b>14/09/18</b>	<b>Malaga, SPN</b>
M50	1:53.02 faster??	Gerry Dragomir	53	??/??/05	San Sebastian, SPN
W35	1:53:54	Nardene Hammond	39	16/07/11	Sacramento, CA
W40	1:57.00	Nardene Hammond	43	14/08/15	Lyon, FRA