

55+ BC GAMES TRACK AND FIELD RECORDS – to Sept, 2019

- * Records first compiled by Udo Grady in 1995; revised and updated by Danny Daniels from 1996 to 2006 (not 2001).
- * Harold Morioka updated records in 2001 and from 2006 to present.
- * Electronic timing used in 1998, 2000, and from 2002 to present. A few wind readings are missing.
- * The weights of the throwing implements were changed (lighter) in 2010 for the (W75+) women athletes.
- * In 2014, the W60-74 women's javelin was changed from 400 grams to 500 grams.
- * Around the year 2000, the athlete's age was changed from "calendar year" to "age on the 1st day of competition".
(note W65 10Km Road Race)

(Records updated w/2019 results: 46 new records)

<u>AGE</u>	<u>RECORD</u>	<u>NAME</u>	<u>ZONE</u>	<u>AGE</u>	<u>DATE</u>	<u>VENUE</u>
50M <i>(New event in 2016: no wind readings in 2017, required for records)</i>						
W55	7.84 0.5	Patti Rogers	2	58	15/09/18	Cranbrook
W60	8.11 0.5	Patty Szybunka	4	60	15/09/18	Cranbrook
W65	8.76 0.6	Marie Johnson	3	65	15/09/18	Cranbrook
W70	9.42 -0.8	Avril Douglas	4	73	14/09/19	Kelowna
W75	9.23 1.5	Gerda Crosthwaite	5	77	23/09/16	Coquitlam
W80	9.36 -1.3	Christa Bortignon	4	82	14/09/19	Kelowna
W85	11.79 -1.3	Gwen McFarlan	4	85	14/09/19	Kelowna
M55	7.36 1.9	Jorge Woods	3	57	23/09/16	Coquitlam
M60	6.80 1.9	Tom Dickson	4	63	23/09/16	Coquitlam
M65	7.33 0.8	Al Percival	3	67	15/09/18	Cranbrook
M70	8.01 1.4	Harold Morioka	3	73	23/09/16	Coquitlam
M75	8.35 0.0	Dave McGraw	9	75	15/09/18	Cranbrook
M80	9.31 0.3	Karl Mey	8	82	15/09/18	Cranbrook
M85	10.30 -1.9	Don Currie	6	85	14/09/19	Kelowna
M90	13.96 -1.9	Ron Huckerby	3	90	14/09/19	Kelowna
Wind assisted results: <i>(wind reading above the allowable limit of 2m/s or no wind reading)</i>						
W65	8.52 2.6#	Sandie Bissessur	2	66	23/09/16	Coquitlam
W70	8.76 nwi	Avril Douglas	4	71	15/09/17	Vernon
W80	9.13 nwi	Christa Bortignon	4	80	15/09/17	Vernon
M65	7.28 3.0#	Al Percival	3	65	23/09/16	Coquitlam
100M						
W55	14.6(h)	Gloria Young	2	??	2001	Surrey
W60	14.81 2.0	Elaine Whidden	3	62	13/09/17	Vernon
W65	15.80 -0.1	Gerda Crosthwaite	5	66	2005	Cowichan
W70	15.86 0.3	Christa Bortignon	4	74	2011	Trail
W75	15.82 0.7	Christa Bortignon	4	76	21/08/13	Kamloops
W80	18.09 -0.8	Christa Bortignon	4	82	12/09/19	Kelowna
W85	24.15	Olga Kotelko	4	87	2006	Abbotsford
W90	24.60 0.1	Olga Kotelko	4	90	2009	Richmond
M55	12.10 -0.8	Harold Morioka	3	57	2000	Kelowna
M60	12.85 0.7	Al Percival	3	61	21/08/13	Kamloops
M65	13.39 0.9	Tom Ukonmaanaho	9	67	2012	Burnaby
M70	14.35 -1.3	Tom Ukonmaanaho	9	71	22/09/16	Coquitlam
M75	15.02	Norm Lesage	3	77	2007	Nanaimo
M80	15.97 0.1	Norm Lesage	4	81	2011	Trail
M85	18.48 -0.2	Norm Lesage	4	85	27/08/15	NVan/Swangard
M90	23.89 1.6	Harry Thompson	2	90	21/08/13	Kamloops
M95	1:18.82 -0.2	William Falconer	8	95	27/08/15	Nvan/Swangard
Wind assisted results: <i>(wind reading above the allowable limit of 2m/s)</i>						
W55	14.59 3.9#	Patti Rogers	2	57	13/09/17	Vernon
W80	17.42 3.0#	Christa Bortignon	4	80	13/09/17	Vernon
200M						
W55	30.46 1.1	Patti Rogers	2	58	14/09/18	Cranbrook
W60	30.46 0.3	Elaine Whidden	3	60	26/08/15	NVan/Swangard
W65	32.75 1.9	Daphne O'Sullivan	5	65	14/09/17	Vernon
W70	34.04	Christa Bortignon	4	74	2011	Trail
W75	34.10 -0.9	Christa Bortignon	4	76	23/08/13	Kamloops
W80	39.23 1.4	Christa Bortignon	4	80	14/09/17	Vernon
W85	48.36 -0.8	Olga Kotelko	4	85	2004	Penticton
W90	1:06.06 1.1	Olga Kotelko	4	93	2012	Burnaby

M55	25.14	-1.7	Harold Morioka	3	57	2000	Kelowna
M60	26.50		Harold Morioka	3	62	2005	Cowichan
M65	28.02	-1.0	Tom Ukonmaanaho	9	67	2012	Burnaby
M70	29.36	0.7	Tom Ukonmaanaho	9	71	24/09/16	Coquitlam
M75	31.26		Norm Lesage	3	77	2007	Nanaimo
M80	34.62		Harry Thompson	2	80	2003	Chilliwack
M85	39.99	-1.1	Norm Lesage	4	85	26/08/15	NVan/Swangard
M90	51.88	0.3	Harry Thompson	2	90	23/08/13	Kamloops

400M

W55	1:10.07		Patti Rogers	2	58	13/09/18	Cranbrook
W60	1:09.57		Avril Douglas	4	60	2006	Abbotsford
W65	1:19.39		Sandra Bissessur	2	65	28/08/15	NVan/Swangard
W70	1:23.14		Avril Douglas	4	71	13/09/17	Vernon
W75	1:19.53		Christa Bortignon	4	76	22/08/13	Kamloops
W80	1:56.16		Lenore Montgomery	4	81	2011	Trail
W85	2:11.85		Lenore Montgomery	4	85	28/08/15	NVan/Swangard
W90	2:50.28		Olga Kotelko	4	90	2009	Richmond

M55	54.07		Harold Morioka	3	57	2000	Kelowna
M60	59.82		Harold Morioka	3	62	2005	Cowichan
M65	1:03.86		Reidar Zapf-Gilje	4	65	13/09/17	Vernon
M70	1:08.82		Mark Stewart	2	71	28/08/15	NVan/Swangard
M75	1:13.89		Adrian Meeuwissen	11	75	2005	Cowichan
M80	1:25.29		Adrian Meeuwissen	11	80	2010	Courtenay
M85	1:38.76		Norm Lesage	4	85	28/08/15	NVan/Swangard
M90	2:14.59		Harry Thompson	2	90	22/08/13	Kamloops

800M

W55	2:39.10		Susan Gordon	1	56	23/09/16	Coquitlam
W60	2:49.39		Avril Douglas	4	60	2006	Abbotsford
W65	3:10.52		Irene Wingate	4	65	2012	Burnaby
W70	3:23.66		Avril Douglas	4	71	14/09/17	Vernon
W75	3:54.20		Lenore Montgomery	4	76	2006	Abbotsford
W80	4:07.25		Lenore Montgomery	4	82	2012	Burnaby
W85	4:33.86		Lenore Montgomery	4	85	27/08/15	NVan/Swangard

M55	2:14.60		David Guss	5	58	13/09/19	Kelowna
M60	2:27.5(h)		Steve Odwin	4	60	1997	New Westminster
M65	2:27.45		Reidar Zapf-Gilje	4	65	14/09/17	Vernon
M70	2:41.71		Mark Stewart	2	71	27/08/15	NVan/Swangard
M75	2:53.46		Mark Stewart	2	75	13/09/19	Kelowna
M80	3:28.07		Harry Thompson	2	80	2003	Chilliwack
M85	4:10.72		Maurice Tarrant	1	85	27/08/15	NVan/Swangard
M90	5:07.40		Harry Thompson	2	90	21/08/13	Kamloops

1500M

W55	5:23.08		Susan Gordon	1	56	24/09/16	Coquitlam
W60	6:06.1(h)		Lenore Montgomery	4	61	1991	Coquitlam
W65	6:21.08		Irene Wingate	4	65	2012	Burnaby
W70	6:46.70		Lenore Montgomery	4	73	2003	Chilliwack
W75	7:06.32		Gwen McFarlan	4	75	2009	Richmond
W80	7:59.03		Lenore Montgomery	4	82	2012	Burnaby
W85	9:06.76		Lenore Montgomery	4	85	28/08/15	NVan/Swangard

M55	4:31.20		David Guss	5	58	12/09/19	Kelowna
M60	5:00.83		Bill Hollingshead	2	61	2003	Chilliwack
M65	5:14.3(h)		Maurice Tarrant	1	67	1997	New Westminster
M70	5:37.95		Herb Phillips	4	74	11/09/14	Langley
M75	5:56.11		Herb Phillips	4	75	28/08/15	NVan/Swangard
M80	7:09.18		Harry Thompson	2	80	2003	Chilliwack
M85	8:30.63		Don Currie	6	85	12/09/19	Kelowna
M90	12:21.76		Harry Thompson	2	90	22/08/13	Kamloops

5000M

W55	20:35.07		Susan Gordon	1	56	22/09/16	Coquitlam
W60	22:36.07		Chris Race	3	60	12/09/14	Langley
W65	23:10.10		Irene Wingate	4	65	2012	Burnaby

W70	23:43.35	Lenore Montgomery	4	73	2003	Chilliwack
W75	25:09.0(h)	Gwen McFarlan	4	75	2009	Richmond
W80	28:11.90	Lenore Montgomery	4	82	2012	Burnaby
W85	32:36.20	Lenore Montgomery	4	85	26/08/15	NVan/Swangard
M55	16:45.92	David Guss	5	58	11/09/19	Kelowna
M60	18:27.84	Bill Hollingshead	2	61	2003	Chilliwack
M65	19:16.0(h)	Maurice Tarrant	1	67	1997	New Westminster
M70	20:20.26	Herb Phillips	4	74	12/09/14	Langley
M75	20:51.35	Herb Phillips	4	75	26/08/15	NVan/Swangard
M80	26:45.25	Willis Greenaway	5	??	2002	Prince George
M85	30:12.55	Maurice Tarrant	1	85	26/08/15	NVan/Swangard

SPRINT HURDLES

W55	16.70	0.3	Margaret Rhebergen	8	59	10/09/14	Langley
W60	16.05*	1.2	Margaret Rhebergen	8	62	12/09/17	Vernon
W65	17.47*	0.0	Urith Hayley	3	67	12/09/18	Cranbrook
W75	17.44	0.6	Christa Bortignon	4	76	21/08/13	Kamloops
M55-59 (100m-36" @ 8.5m); M60-69 (100m-33" @8.0m); M70-79 (80m-30" @ 7.0m); M80+ (80m-27" @ 7.0m)							
M55	23.20	-1.6	Stuart Rothnie	4	55	12/09/14	Langley
M60	18.16	-1.2	Reidar Zapf-Gilje	4	64	22/09/16	Coquitlam
M65	20.96	0.5	Tom Ukonmaanaho	9	68	21/08/13	Kamloops
M70	15.86	0.4	Jess Brewer	2	70	22/09/16	Coquitlam
M75	18.96	0.5	Lynn Thompson	1	76	26/08/15	NVan/Swangard
M80	18.58	-1.4	Lynn Thompson	1	80	14/09/19	Kelowna
M85	26.57	-0.8	Joe Giegerich	2	85	15/09/17	Vernon

LONG HURDLES

W65	1:19.80		Naomi Moriyama	3	65	11/09/19	Kelowna
W75	39.95	-2.3	Christa Bortignon	4	76	23/08/13	Kamloops
M55-59 (400m @33"); M60-69 (300m @30"); M70-79 (300m-27"); M80+ (200m-27")							
M55	1:20.44		Bill Codville	4	56	12/09/17	Vernon
M60	54.12		Bruno Gartner	3	60	23/08/13	Kamloops
M65	56:65		Francisco Machado	2	68	10/09/14	Langley
M70	56.69		Jess Brewer	2	70	24/09/16	Coquitlam
M75	1:03.67		Lynn Thompson	1	75	10/09/14	Langley
M80	40.51	nwi	Lynn Thompson	1	80	11/09/19	Kelowna

1500M RACE WALK (New Event in 2017)

W55	9:52.31		Barb Picken	5	56	14/09/19	Vernon
W60	9:48.22		Diane Brown	5	60	14/09/17	Vernon
W65	9:31.47		Suzanne Sharp	9	65	13/09/19	Kelowna
W70	12:18.42		Linda Rondeau	3	70	13/09/19	Kelowna
W75	12:32.63		Renate Cheetham	3	79	14/09/17	Vernon
W80	12:18.82		Renate Cheetham	3	81	13/09/19	Kelowna
W85	19:51.31		Myrtle Acton	1	86	13/09/19	Kelowna
M55	13:18.07		George Yong	4	59	14/09/17	Vernon
M60	9:56.18		Bob Currie	11	64	14/09/17	Vernon
M65	9:43.03		Jim Johnson	7	68	14/09/18	Cranbrook
M70	11:56.64		Arthur Gee	4	73	14/09/17	Vernon
M75	10:25.35		Alan Vyse	8	76	14/09/18	Cranbrook
M80	15:02.12		Crawford (Mac) McNair	4	81	14/09/17	Vernon
M85	13:24.81		Hugo Hess	7	88	14/09/18	Cranbrook

3000M POWER WALK (New Event in 2019 for 80+)

W80	23:19.30		Evelyn Kinnee	5	80	12/09/19	Kelowna
M80	25:46.54		Jim Lawrence	5	81	12/09/19	Kelowna
M85	22:50.31		Don Currie	6	85	12/09/19	Kelowna

5000M POWER WALK (on the track) (80+ Changed to 3000M in 2019 – see above results)

W55	33.02.7(h)		Flora Young	3	58	1992	Dawson Creek
W60	31.44.4(h)		Flora Young	3	60	1994	Prince Rupert
W65	32:47.07		Suzanne Sharp	9	65	12/09/19	Kelowna
W70	33:29.5(h)		Lenore Marvin	3	71	1991	Coquitlam
W75	35:03.31		Jean Lancaster	6	77	2012	Burnaby

W80	36:38.92	Jean Lancaster	6	82	13/09/17	Vernon
W85	43:45.00	Greta Clarke	1	??	1998	Port Alberni
W90	46:24.31	Margaret Raffan	5	90	13/09/17	Vernon
M55	27:25.54	Kim Gaynor	4	59	2000	Kelowna
M60	30:19.26	Tony Prazma	9	60	2000	Kelowna
M65	31:47.17	Karl Merschen	3	??	2003	Chilliwack
M70	33:45.09	John Viau	3	70	2006	Abbotsford
M75	34:41.06	Don Currie	6	78	2012	Burnaby
M80	36:17.86	Don Currie	6	80	11/09/14	Langley
M85	41:22.41	Richard Gersthofer	1	85	2010	Courtenay
M90	49:13.16	Richard Gersthofer	1	90	27/08/15	Nvan/Swangard

4 x 100M

W55+	1:01.43	Urith Hayley(64), Cindy O'Brien Hugh(57) Marie Johnson (62), Elaine Whidden (60)	Z-3		27/08/15	NVanBurnaby
M55+	50.50	Herb Gee (59), Tony Badowski (57) Les Friesen (64), Harold Morioka (57)	Z-3		2000	Kelowna

4 X 100M MIXED (2 women and 2 men)

55+	55.39	Cindy O'Brien Hugh(56), Bruno Gartner(62) Elaine Whidden (60), Al Percival (63)	Z-3		26/08/15	NVan/Burnaby
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4 x 400M **(New event in 2016)*

W55+	5:08.78	Cindy O'Brien Hugh(59), Elaine Whidden(62) Valerie Scott (62), Janette Wood (57)	Z-3		15/09/17	Vernon
M55+	4:26.73	Stephen Joyce (57), Gary Pointer (58) Frank Ballauf (59), David Guss (58)	Z-5		14/09/19	Kelowna

MEDLEY RELAY (600M, 200M, 400M, 800M) **(Discontinued in 2016)*

W55+	6:57.72	Athletes' names??	Z-4		2004	Penticton
M55+	5:39.97	Barry Meier (55), Herb Gee (59) Tony Badowski (57), Harold Morioka (57)	Z-3		2000	Kelowna

4 x 400M POWER WALK RELAY

W55+	10:32.19	Kathy Dyer (68), Penny Jacobs (63) Chris MacDonald (70), Suzanne Sharp (59)	Z-9		23/08/13	Kamloops
M55+	9:39.60	Keith Taylor (76), James Dyer (65) Jim Johnston (66), Tom Ukonmaanaho (64)	Z-9		2009	Richmond

LONG JUMP

W55	4.14*	-0.5	Margaret Rhebergen	8	58	22/08/13	Kamloops
W60	3.90	0.0	Patty Szybunka	4	60	13/09/18	Cranbrook
W65	3.64	-1.5	Gerda Crosthwaite	5	66	2005	Cowichan
W70	3.41	-0.2	Christa Bortignon	4	73	2010	Courtenay
	3.41	1.3	Christa Bortignon	4	74	2011	Trail
W75	3.49	-0.9	Christa Bortignon	4	75	2012	Burnaby
W80	3.03	0.0	Christa Bortignon	4	82	12/09/19	Kelowna
W85	2.01		Olga Kotelko	4	85	2004	Penticton
W90	1.53	0.4	Olga Kotelko	4	91	2010	Coutenay
M55	5.15		John Hawkins	4	59	2008	Prince George
M60	4.95		Herb Gee	3	60	2001	Surrey
M65	4.81	1.9	Tony Badowski	3	65	2008	Prince George
M70	3.85		Adrian Meeuwissen	11	71	2001	Surrey
M75	4.14	0.6	Adrian Meeuwissen	11	75	2005	Cowichan
M80	3.40	0.0	Larry Chalmers	5	82	2011	Trail
M85	2.53*	-0.5	Joe Giegerich	2	85	12/09/17	Vernon
M90	1.87		William Makarenko	3	??	2003	Chilliwack

TRIPLE JUMP

W55	8.51	-0.5	Margaret Rhebergen	8	58	21/08/13	Kamloops
W60	8.24	-0.6	Margaret Rhebergen	8	61	22/09/16	Coquitlam
W65	7.73	0.2	Deborah Lee	4	66	22/09/16	Coquitlam
W70	7.87	0.9	Christa Bortignon	4	74	2011	Trail

W75	7.96	1.3	Christa Bortignon	4	76	21/08/13	Kamloops
W80	6.62	-1.3	Christa Bortignon	4	80	14/09/17	Vernon
W85	4.39	0.4	Olga Kotelko	4	87	2006	Abbotsford
W90	4.25	0.2	Olga Kotelko	4	90	2009	Richmond
M55	10.63	1.2	John Hawkins	4	57	2006	Abbotsford
M60	9.98	1.8	Reidar Zapf-Gilje	4	63	26/08/15	NVan/Swangard
M65	9.43	0.0	Reidar Zapf-Gilje	4	65	14/09/17	Vernon
M70	8.15	0.0	Les East	9	72	2011	Trail
M75	8.09		Adrian Meeuwissen	11	75	2005	Cowichan
M80	7.19	0.6	Larry Chalmers	5	82	2011	Trail
M85	5.74	0.0	Joe Giegerich	2	85	14/09/17	Vernon

Wind Assisted

W80	6.74	2.1	Christa Bortignon	4	82	13/09/19	Kelowna
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HIGH JUMP

W55	1.30		Margaret Rhebergen	8	55	2010	Courtenay
W60	1.30		Monica Pomietlarz	5	61	14/09/19	Kelowna
W65	1.20		Sandy Anderson	1	67	2007	Nanaimo
W70	1.17		Sandy Anderson	1	70	2010	Courtenay
W75	1.13		Christa Bortignon	4	75	2012	Burnaby
W80	0.90		Olga Kotelko	4	81	2000	Kelowna
W90	0.80		Olga Kotelko	4	90	2009	Richmond
M55	1.70		John Hawkins	4	57	2006	Abbotsford
M60	1.60		John Hawkins	4	60	2009	Richmond
	1.60	tie	John Hawkins	4	61	2010	Courtenay
M65	1.50		John Hawkins	4	66	28/08/15	NVan/Swangard
M70	1.30		Les East	1	73	2012	Burnaby
M75	1.25		Les East	1	75	13/09/14	Langley
M80	1.15		Keith Taylor	9	80	23/08/13	Kamloops
M85	1.11		Keith Taylor	9	86	14/09/11	Kelowna

POLE VAULT

W55	2.05		Margaret Rhebergen	8	59	10/09/14	Langley
W60	1.75		Monica Pomietlarz	5	61	13/09/19	Kelowna
W65	1.75		Sandy Anderson	1	68	2008	Prince George
W70	1.55		Sandy Anderson	1	71	2011	Trail
W75	0.90		Virginia Hoover	11	75	23/09/16	Coquitlam
M55	3.60		John Hawkins	4	57	2006	Abbotsford
M60	3.30		John Hawkins	4	62	2011	Trail
M65	2.80		John Hawkins	4	66	27/08/15	NVan/Swangard
M70	2.60		Gerard Dumas	1	71	2006	Abbotsford
M75	2.10		Gerard Dumas	1	78	22/08/13	Kamloops
	2.10	tie	Gerard Dumas	1	79	10/09/14	Langley
M80	1.85		Joe Giegerich	2	82	10/09/14	Langley
M85	1.00		Doug Monds	1	86	27/08/15	NVan/Swangard

SHOT PUT

			W55-74 (3kg), W75+ (2kg):			M55 (6kg), M60-69 (5kg), M70-79 (4kg), M80+ (3kg)	
W55	9.87		Monica Pomietlarz	5	59	14/09/17	Vernon
W60	10.03		Monica Pomietlarz	5	61	13/09/19	Kelowna
W65	9.38		Gabriella Moro	4	65	2012	Burnaby
W70	7.91		Gabriella Moro	4	70	14/09/17	Vernon
W75	8.20*		Myrtle Acton	4	78	2011	Trail
W80	6.06	3kg	Olga Kotelko	4	84	2003	Chilliwack
W80	7.38	2kg	Gerda Crosthwaite	5	80	13/09/19	Kelowna
W85	5.68	3kg	Olga Kotelko	4	85	2004	Penticton
W85	6.45*	2kg	Myrtle Acton	1	86	14/09/19	Kelowna
W90	5.36	2kg	Olga Kotelko	4	91	2010	Courtenay
M55	13.20		Don Allemeersch	9	55	2009	Richmond
M60	12.56		Mike Woodworth	1	61	2003	Chilliwack
M65	12.07		Michael Deady	5	66	13/09/19	Kelowna
M70	12.66*		Marek Glowacki	8	72	21/08/13	Kamloops
M75	12.11*		Marek Glowacki	8	75	21/09/16	Coquitlam
M80	11.38		Rainer Sillantaus	2	82	2012	Burnaby
M85	10.09		Rainer Sillantaus	2	86	24/09/16	Coquitlam

M90	6.62	Jim Murray	4	91	2006	Abbotsford
M95	4.84	Jim Murray	4	95	2010	Courtenay

DISCUS

		W55-74 (1.0 kg), W75+ (0.75 kg):	M55 (1.5 kg), M60+ (1.0 kg)			
W55	24.52	Rose Hare	4	59	2007	Nanaimo
W60	25.31	Rose Hare	4	64	2012	Burnaby
W65	24.17	Rose Hare	4	67	28/08/15	NVan/Swangard
W70	23.11*	Cheryl Closkey	6	70	15/09/18	Cranbrook
W75	19.11	Myrtle Acton	4	78	2011	Trail
W80	17.65	Myrtle Acton	1	81	12/09/14	Langley
W85	17.23	Myrtle Acton	1	86	12/09/19	Kelowna
W90	13.71	Olga Kotelko	4	91	2010	Courtenay
M55	43.61	Don Allemeersch	9	55	2009	Richmond
M60	44.28	Don Allemeersch	3	62	23/09/16	Coquitlam
M65	43.24	Michael Deady	5	66	12/09/19	Kelowna
M70	36.75	Marek Glowacki	8	74	10/09/14	Langley
M75	32.90*	Marek Glowacki	8	75	21/09/16	Coquitlam
M80	26.97	Bakhshish Dhillon	3	80	13/09/18	Cranbrook
M85	20.96	Bruce Butcher	8	85	12/09/19	Kelowna
M90	17.43	Jim Murray	4	90	2005	Cowichan
M95	14.06	Jim Murray	4	95	2010	Courtenay

JAVELIN

		W55-74 (500 gm), W75+ (400 gm):	M55 (700 gm), M60-69 (600 gm), M70-79 (500 gm), M80+ (400 gm)			
W55	31.45	Monica Pomietlarz	5	59	13/09/17	Vernon
W60	32.85	<i>400gm</i> Marg Radcliffe	1	61	2003	Chilliwack
W60	22.91*	500gm Terri Jones	2	61	15/09/18	Cranbrook
W65	27.75	<i>400gm</i> Marg Radcliffe	1	69	2011	Trail
W65	24.00	500gm Marilyn Benz	5	66	22/09/16	Coquitlam
W70	25.12	<i>400gm</i> Marg Radcliffe	1	71	24/08/13	Kamloops
W70	22.80*	500gm Marg Radcliffe	1	74	22/09/16	Coquitlam
W75	22.93	Gerda Crosthwaite	5	75	13/09/14	Langley
W80	16.61	Olga Kotelko	4	81	2000	Kelowna
W85	14.95	Olga Kotelko	4	85	2004	Penticton
W90	12.83	Olga Kotelko	4	92	2011	Trail
M55	46.55	Victor Njume	2	58	2001	Surrey
M60	47.42	Victor Njume	2	63	2006	Abbotsford
M65	44.60	Victor Njume	2	67	2010	Courtenay
M70	44.30	Victor Njume	2	70	22/08/13	Kamloops
M75	35.48	Victor Njume	2	75	13/09/18	Cranbrook
M80	29.61	Rainer Sillantaus	2	80	2010	Courtenay
M85	20.43	Rainer Sillantaus	2	87	13/09/17	Vernon
M90	16.78	Scot Henney	3	90	26/08/15	NVan/Swangard
M95	9.47	Jim Murray	4	95	2010	Courtenay

HAMMER

		W55-74 (3.0kg), W75+ (2kg):	M55 (6kg), M60-69 (5kg), M70-79 (4kg), M80+ (3kg)			
W55	36.25	Nancy Smith	3	55	12/09/19	Kelowna
W60	28.46	Rose Hare	4	62	2010	Courtenay
W65	32.20	Rose Hare	4	67	26/08/15	NVan/Swangard
W70	27.22	Kathy Brand	8	74	24/09/16	Coquitlam
W75	29.70	Kathy Brand	8	77	12/09/19	Kelowna
W80	22.46*	Myrtle Acton	1	82	27/08/15	NVan/Swangard
W85	18.62	<i>3kg</i> Olga Kotelko	4	85	2004	Penticton
W85	21.04*	<i>2kg</i> Myrtle Acton	1	86	14/09/19	Kelowna
W90	16.65*	Olga Kotelko	4	92	2011	Trail
M55	43.92	Cory Holly	5	59	12/09/17	Vernon
M60	47.22	Michael Houser	5	61	11/09/19	Kelowna
M65	35.26	Mohan Bains	3	69	11/09/19	Kelowna
M70	39.25*	Marek Glowacki	8	72	21/08/13	Kamloops
M75	34.97*	Bakhshish Dhillon	3	75	21/08/13	Kamloops
M80	33.71	Bakhshish Dhillon	3	80	12/09/18	Cranbrook
M85	24.78	Doug Monds	1	85	11/09/14	Langley
M90	19.03	Larry Chalmers	5	90	11/09/19	Kelowna

WEIGHT

		W55 (16#), W60-74 (12#), W75+ (4kg):	M55 (25#), M60-69 (20#), M70-79 (16#), M80+ (12#)		
W55	8.81*	Nancy Smith	3 55	14/09/19	Kelowna
W60	12.24	Rose Hare	4 64	2012	Burnaby
W65	11.68*	Cheryl Closkey	6 65	21/08/13	Kamloops
W70	10.82*	Cheryl Closkey	6 71	14/09/19	Kelowna
W75	10.45*	Myrtle Acton	4 78	2011	Trail
W80	8.63*	Myrtle Acton	1 81	12/09/14	Langley
W85	8.91*	Myrtle Acton	1 86	14/09/19	Kelowna
W90	7.78	Olga Kotelko	4 91	2010	Courtenay
M55	15.51	Dave McDonald	3 58	2012	Burnaby
M60	16.22	Dave McDonald	3 60	13/09/14	Langley
M65	13.47*	John Hawkins	4 65	12/09/14	Langley
M70	15.86*	Marek Glowacki	8 73	21/08/13	Kamloops
M75	13.83	Bakhshish Dhillon	3 75	24/08/13	Kamloops
M80	13.58*	Bakhshish Dhillon	3 80	15/09/18	Cranbrook
M85	10.10	Doug Monds	1 85	13/09/14	Langley
M90	7.77	John Bandstra	11 91	13/09/14	Langley
M95	4.54	Jim Murray	4 95	2010	Courtenay

THROWS PENTATLON * 2010 tables Order of events: HT, SP, DT, JT, WT

W55	2583*	Rose Hare	4 59	2007	Nanaimo
		(21.76/502, 8.92/676, 22.56/510, 17.64/392, 7.88/503)			
W60	3376*	Rose Hare	4 62	2010	Courtenay
		(29.45/826, 8.51/712, 23.57/608, 19.42/475, 11.78/755)			
W65	3644*	Rose Hare	4 67	27/08/15	NVan/Swangard
		(27.96/880, 8.55/807, 23.95/711, 17.71/518, 10.43/728)			
W70	3798*	Cheryl Closkey	6 70	15/09/18	Cranbrook
		(24.21/852, 6.87/711, 23.11/801, 17.50/605, 10.54/829)			
W75	3983*	Myrtle Acton	4 78	2011	Trail
		(26.08/979, 8.20/862, 17.81/623, 17.55/667, 10.45/852)			
W80	3712*	Myrtle Acton	1 81	12/09/14	Langley
		(20.38/864, 6.57/769, 17.65/742, 12.61/556, 8.63/781)			
W85	4279	Myrtle Acton	1 86	14/09/19	Kelowna
		(21.04/1003, 6.45/888, 15.48/793, 13.51/768, 8.91/827)			
W90	4554*	Olga Kotelko	4 91	2010	Courtenay
		(14.59/902, 5.43/880, 13.65/896, 11.79/891, 7.90/985)			
M55	3168*	Dave McDonald	3 58	2012	Burnaby
		(37.89/673, 10.04/652, 33.51/608, 32.77/498, 13.40/737)			
M60	3608*	Dave McDonald	3 60	12/09/14	Langley
		(40.58/727, 10.91/704, 39.49/704, 41.04/708, 14.90/765)			
M65	3415*	Reidar Zapf-Gilje	4 65	15/09/17	Vernon
		(34.20/678, 11.49/828, 37.61/741, 37.00/705, 9.15/463)			
M70	4093*	Marek Glowacki	8 72	21/08/13	Kamloops
		(39.25/832, 12.66/916, 36.44/799, 31.55/633, 15.86/913)			
M75	3375*	Les East	1 75	12/09/14	Langley
		(31.42/706, 8.83/628, 30.32/735, 25.41/561, 12.35/745)			
M80	3528	Bakhshish Dhillon	3 80	15/09/18	Cranbrook
		(31.49/822, 9.11/711, 23.48/636, 19.93/468, 13.58/891)			
M85	2637*	Doug Monds	1 85	12/09/14	Langley
		(14.87/413, 6.92/636, 16.34/501, 15.32/404, 9.75/683)			
M90	3427 (too high)	Jim Murray	4 92	2007	Nanaimo
		(no results)			

PENTATHLON * 2010 Tables		(Women's order of events)			
		To 2013:	100m, LJ, SP, JT, 800M)	From 2014:	80HUR, HJ, SP, LJ, 800)
W55	2793*	Margaret Rhebergen	8 58	22/08/13	Kamloops, BC
		(15.29 w=0.8/771, 4.14 w=-0.5/712, 6.36/445, 18.80/424, 3:27.60/441)			
W55	2768*	Margaret Rhebergen	8 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	8	63	12/09/18	Cranbrook
		(16.18, 0.1/712, 1.27/903, 6.50/513, 3.73, 0.4/663, 3:34.47/481)				
W65	2790*	Urith Hayley	3	67	12/09/18	Cranbrook
		(17.47, 0.0/748, 1.12/783, 5.77/501, 2.71, 0.6/357, 4:17.26/401)				
W70	3023*	Christa Bortignon	4	73	2010	Courtenay
		(17.59/768, 3.40/777, 5.88/589, 13.05/394, 4:07.42/495)				
W75	2312 (too high)	Hildegard Buschhaus	2	77	2005	Cowichan
W80	1490*	Hildegard Buschhaus	2	81	2009	Richmond
		(26.62 w=0.3/209, 1.66 w=0.1/218, 4.15/438, 9.08/375, 6:10.60/250)				
		* Men: To 2012 (LJ, SP, 100, JT, 1500)			*From 2013 (LJ, JT, 200, DT, 1500)	
M55	2894 (too high)	Fred Clark	7	??	1998	Port Alberni
M60	3474* (2012)	Reidar Zapf-Gilje	4	60	2012	Burnaby
		(4.48 w=1.1/652, 11.13/722, 14.10 w=0.6/677, 34.38/569, 5:19.80/854)				
M60	3376* (2016)	Reidar Zapf-Gilje	4	64	23/09/2016	Coquitlam
		(4.38, 1.9/621, 33.99/560, 29.12, 1.1/669, 39.20/698, 5:24.47/828)				
M65	3841*	Reidar Zapf-Gilje	4	65	12/09/17	Vernon
		(4.48, -1.3/767, 37.04/706, 29.06, 0.9/760, 34.97/679, 5:23.12/929)				
M70	2919*	Barry Adams	4	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	2808*	Adrian Meeuwissen	11	77	2007	Nanaimo
		(3.52/661, 8.84/672, 16.95/545, 18.86/380, 7:40.31/550)				
M80	2644	Karl Mey	8	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)				
M85	2027*	Joe Giegerich	2	85	12/09/17	Vernon
		(2.53, -0.5/502, 16.55/447, 44.11, 0.2/470, 12.63/360, 11:51.01/248)				

10Km ROAD RACE

(Best performances - not records because courses vary)

W55	45:18	Marcia Stromsmoe	1	56	2005	Cowichan
W60	43:40	Lenore Montgomery	4	61	1991	Coquitlam
W65	46:49xxx	Betty-Jean McHugh	4	64	1992 (Nov/07/27)	Dawson Creek
	49:39	Heidi Alberti	3	??	2001	Surrey
W70	50:26	Lenore Montgomery	4	72	2002	Prince George
W75	52:33	Gwen McFarlan	4	75	2009	Richmond
W80	1:00:50	Liz Borrett	5	80	14/09/19	Kelowna
W85	1:20:36	Greta Clarke	1	??	1997	New Westminster
M55	35:38	Rick Whiting	4	??	1992	Dawson Creek
M60	38:20	Don Busch	2	??	1991	Coquitlam
M65	42:16	Maurice Tarrant	1	67	1997	New Westminster
M70	43:42	Willis Greenaway	5	??	1992	Dawson Creek
M75	47:52	Henry Kennedy	1	??	1999	Fernie
M80	59:55	Lueder Kerr	1	81	15/09/18	Cranbrook
M85	1:11.01	Hazura Sangha	1	85	15/09/18	Cranbrook

10Km ROAD WALK

* Discontinued in 2017 (Best performances only - because courses vary)

W55	1:08:47	Shirley Naylor	2	??	2001	Surrey
W60	1:04:35	Flora Young	3	60	1994	Prince Rupert
W65	1:05:01	Flora Young	3	65	1999	Fernie
W70	1:09:15	Flora Young	3	70	2004	Penticton
W75	1:14:54	Ethel Graham	8	??	2000	Kelowna
W80	1:25:02	Ruth Carrier	3	80	2011	Trail
W85	1:32:24	Greta Clarke	1	??	1998	Port Alberni
W90	2:12.22	Mary Daykin	1	91	13/09/14	Langley
M55	1:00:04	Kim Gaynor	4	59	2000	Kelowna
M60	56:56???	Danny Daniels	1	62	1991	Coquitlam
	1:03:34	Tony Prazma	9	62	2002	Prince George
M65	1:03:53	Rick Whiting	4	??	2004	Penticton
M70	1:09:13	John Viau	3	70	2006	Abbotsford
M75	1:12:39	Don Currie	6	78	2012	Burnaby
M80	1:20:23	Keith Taylor	9	80	24/08/13	Kamloops
M85	1:36:08	Ed Kluczny	7	86	2008	Prince George

- NOTE:**
- * Electronic timing recorded to hundredth of a second.
 - * Hand times rounded up to the tenth of a second.
 - * Road races and Road walks times are rounded up to the full second
 - * Road races and Road walks are only “Best Performances” since courses can vary greatly.
(during the earlier years, courses were not certified)
 - * Records marked with * were established during the pentathlon or weight pentathlon.
 - * The mens pentathlon was changed in 2013 to conform to the 5 WMA events.
 - * The womens pentathlon was changed in 2014 to conform to the 5 WMA events.
 - * Several pentathlon scores are incorrect (too high) due to different older tables.
- where the pentathlon event scores were available, the current 2010 tables were used.
 - * Several events were not contested in the earlier years.
 - * 2002 – Pole vault added
 - * 2004 – Hammer throw added
 - * 2005 – Triple jump added
 - * 2007 – Weight throw and Throws pentathlon added
 - * 2013 – Hurdles added
 - * 2016 – 50M and 4x400M added (Medley relay eliminated)
 - * 2017 – 1500M Race Walk added (10K Road walk eliminated)
 - * 2017 & 2018 (No Pole vault contested)