

55+ BC GAMES TRACK AND FIELD RECORDS – to December, 2023

- * Records first compiled by Udo Grady in 1995; revised and updated by Danny Daniels from 1996 to 2005 (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)

(No records in 2020 & 2021: Games cancelled due to Covid-19)

<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	8.09 1.0	Cindy O'Brien Hugh	3	65	26/08/23	Abbotsford
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	9.27 1.7	Christa Bortignon	4	86	26/08/23	Abbotsford
M55	6.67 1.2	Shawn Fostvelt	2	55	26/08/23	Abbotsford
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	8.07 1.5	Tom Ukonmaanaho	9	78	26/08/23	Abbotsford
M80	8.83 0.8	Bill Mustaklim	1	80	26/08/23	Abbotsford
M85	10.30 -1.9	Don Currie	6	85	14/09/19	Kelowna
M90	12.40 0.0	Joe Giegerich	2	90	17/09/22	Victoria
Wind assisted results: <i>(wind reading above the allowable limit of 2m/s or no wind reading)</i>						
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	15.20 0.4	Cindy O'Brien Hugh	3	65	24/08/23	Abbotsford
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	18.30 -0.9	Christa Bortignon	4	86	24/08/23	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	14.84 -0.6	Tom Ukonmaanaho	9	77	15/09/22	Victoria
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	23.03 -0.1	Joe Giegerich	2	90	15/09/22	Victoria
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	32.19 0.5	Cindy O'Brien Hugh	3	65	25/08/23	Abbotsford
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	41.68 1.7	Christa Bortignon	4	85	25/08/23	Abbotsford

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	1:12.76		Mark Stewart	2	78	15/09/22	Victoria
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	2:40.13		Reidar Zapf-Gilje	3	71	25/08/23	Abbotsford
M75	2:53.46		Mark Stewart	2	75	13/09/19	Kelowna
M80	3:28.07		Harry Thompson	2	80	2003	Chilliwack
M85	3:56.52		Sandy Watt	1	85	25/08/23	Abbotsford
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	6:28.10		Pat Harton	9	81	15/09//22	Victoria
M85	8:16.78		Sandy Watt	1	85	24/08/23	Abbotsford
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	29:59.75	Sandy Watt	1	85	23/08/23	Abbotsford

SPRINT HURDLES

			W55-59 (80m-30" @7.0m);		W60+ (80m-27" @ 7.0m)		
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

			W55 (300m-30");		W60-69 (300m-27");		W70+ (200m-27")	
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	13:14.51	Renate Cheetham	3	85	25/08/23	Abbotsford
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	10:18.00	Jim Johnson	7	73	25/08/23	Abbotsford
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
W85	24:50.96	Louise Reed	2	87	15/09/22	Victoria
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	33:05:59	Jim Johnson	7	73	24/08/23	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	3.73	1.4	Cindy O'Brien Hugh	3	65	24/08/23	Abbotsford
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	3.11	-0.7	Christa Bortignon	4	86	24/08/23	Abbotsford
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	4.12*	-01	Reidar Zapf-Gilge	4	71	23/08/23	Abbotsford
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	1.93	0.3	Joe Giegerich	2	90	15/09/22	Victoria

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	6.62	0.9	Christa Bortignon	4	86	25/08/23	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	9.51	0.0	Edwin Liu	4	65	16/09//22	Victoria
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
M90	4.40	1.5	Joe Giegerich	2	90	16/09/22	Victoria
Wind Assisted							
W80	6.74	2.1	Christa Bortignon	4	82	13/09/19	Kelowna

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
M90	0.84		Joe Giegerich	2	90	17/09/22	Victoria

POLE VAULT

W55	2.43		Nancy Craig	1	56	16/09/22	Victoria
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	2.22		Tom Ukonmaanaho	9	77	16/09/22	Victoria
M80	1.85		Joe Giegerich	2	82	10/09/14	Langley
M85	1.72		Larry Fiege	1	85	16/09/22	Victoria
M90	1.12		Joe Giegerich	2	90	16/09/22	Victoria

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	6.75	2kg	Myrtle Acton	1	89	16/09/22	Victoria
W90	6.04		Myrtle Acton	1	90	25/08/23	Abbotsford

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	25.65	Julie Hengstler	1	55	15/09/22	Victoria
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	21.93	Gabriella Moro	4	75	15/09/22	Victoria
W80	17.68	Kathy Brand	8	81	24/08/23	Abbotsford
W85	17.23	Myrtle Acton	1	86	12/09/19	Kelowna
W90	15.83	Myrtle Acton	1	90	24/08/23	Abbotsford
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	24.06	500gm Joan Harris	9	61	24/08/23	Abbotsford
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	20.19	Marg Radcliffe	1	81	24/08/23	Abbotsford
W85	14.95	Olga Kotelko	4	85	2004	Penticton
W90	12.83	Olga Kotelko	4	92	2011	Trail
M55	54.28	Graham Morffit	2	56	24/08/23	Abbotsford
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	Scott 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	30.20	Joan Harris	9	61	26/08/23	Abbotsford
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	28.08	Kathy Brand	8	81	26/08/23	Abbotsford
W85	21.04*	Myrtle Acton	1	86	14/09/19	Kelowna
W90	17.55	Myrtle Acton	1	90	26/08/23	Abbotsford
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	34.49*	Jim Dyer	9	80	26/08/23	Abbotsford
M85	25.11*	Bakhshish Dhillon	3	85	26/08/23	Abbotsford
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	10.38*	Julie Hengstler	1	55	17/09/22	Victoria
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	9.95	Kathy Brand	8	81	25/08/23	Abbotsford
W85	8.91*	Myrtle Acton	1	86	14/09/19	Kelowna
W90	7.98	Myrtle Acton	1	90	25/08/23	Abbotsford
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	14.86	Harnek Toor	3	76	16/09/22	Victoria
M80	14.35	Jim Dyer	9	80	25/08/23	Abbotsford
M85	11.52	Bakhshish Dhillon	3	85	25/08/23	Abbotsford
M90	7.77	John Bandstra	11	91	13/09/14	Langley
M95	4.54	Jim Murray	4	95	2010	Courtenay

THROWS PENTATLON * 2023 tables Order of events: HT, SP, DT, JT, WT

W55	2749*	Julia Hengstler	1	55	17/09/22	Victoria
		(27.74/516, 9.57/649, 24.03/545, 20.65/459, 10.38/580)				
W60	3049*	Joan Harris	9	61	23/08/23	Abbotsford
		(29.66/636, 8.19/600, 23.44/600, 23.78/618, 11.43/595)				
W65	3199*	Rose Hare	4	67	27/08/15	NVan/Swangard
		(27.96/680, 8.55/712, 23.95/702, 17.71/501, 10.43/604)				
W70	3333*	Cheryl Closkey	6	70	15/09/18	Cranbrook
		(24.21/664, 6.87/623, 23.11/775, 17.50/572, 10.54/699)				
W75	3107*	Myrtle Acton	4	78	2011	Trail
		(26.08/617, 8.20/696, 17.81/560, 17.55/588, 10.45/646)				
W80	3178*	Kathy Brand	9	81	23/08/23	Abbotsford
		(25.92/732, 6.80/651, 16.07/589, 13.66/519, 9.55/687)				
W85	3501*	Myrtle Acton	1	86	14/09/19	Kelowna
		(21.04/701, 6.45/731, 15.48/684, 13.51/618, 8.91/767)				
W90	3750*	Myrtle Acton	1	90	23/08/23	Abbotsford
		(16.50/672, 5.80/791, 15.12/833, 11.92/663, 7.55/791)				
M55	3432*	Graham Morfitt	2	56	23/08/23	Abbotsford
		(37.71/613, 10.04/634, 35.38/633, 51.34/873, 13.10/679)				
M60	3393*	Dave McDonald	3	60	12/09/14	Langley
		(40.58/663, 10.91/689, 39.49/626, 41.04/680, 14.90/735)				
M65	3202*	Reidar Zapf-Gilje	4	65	15/09/17	Vernon
		(34.20/604, 11.49/808, 37.61/661, 37.00/681, 9.15/448)				
M70	3694*	Marek Glowacki	8	72	21/08/13	Kamloops
		(39.25/707, 12.66/882, 36.44/722, 31.55/575, 15.86/808)				
M75	3303*	Harnek Toor	3	77	23/08/23	Abbotsford
		(33.47/674, 9.45/703, 24.09/500, 28.43/595, 14.85/831)				
M80	2930*	Bakhshish Dhillon	3	80	15/09/18	Cranbrook
		(31.49/622, 9.11/645, 23.48/573, 19.93/394, 13.58/696)				
M85	2695*	Bakhshish Dhillon	3	85	23/08/23	Abbotsford
		(14.87/413, 6.92/636, 16.34/501, 15.32/404, 9.75/683)				

PENTATHLON * 2023 Tables**(Women's order of events)****To 2013:****100m, LJ, SP, JT, 800M)****From 2014: 80HUR, HJ, SP, LJ, 800)**

W55	2584* (2013)	Margaret Rhebergen	8	58	22/08/13	Kamloops, BC (15.29 w=0.8/709, 4.14 w=-0.5/663, 6.36/389, 18.80/410, 3:27.60/413)
W55	2534*	Margaret Rhebergen	8	59	11/09/14	Langley, BC (16.70, 0.3/594, 1.26/689, 6.52/403, 3.52, nwi/443, 3:28.52/405)
W60	3032 *	Margaret Rhebergen	8	63	12/09/18	Cranbrook (16.18, 0.1/736, 1.27/806, 6.50/451, 3.73, 0.4/601, 3:34.47/438)
W65	2308 *	Urith Hayley	3	67	12/09/18	Cranbrook (17.47, 0.0/672, 1.12/ 666, 5.77/439, 2.71, 0.6/306, 4:17.26/225)
W65	3436*	Cindy O'Brien Hugh	3	65	23/08/23	Abbotsford (15.56, -1.6/901, 1.17/736, 7.27/585, 3.67, -1.0/671, 3:32.56/543)
W70	2619* (2010)	Christa Bortignon	4	73	2010	Courtenay (17.59/675, 3.40/657, 5.88/514, 13.05/403, 4:07.42/370)
W75	2312 (too high)	Hildegard Buschhaus	2	77	2005	Cowichan (individual event results unavailable)
W80	915* (2009)	Hildegard Buschhaus	2	81	2009	Richmond (26.62 w=0.3/77, 1.66 w=0.1/119, 4.15/350, 9.08/342, 6:10.60/27)
M55	2894 (too high)	* Men: To 2012 (LJ, SP, 100, JT, 1500) Fred Clark	7	??	1998	*From 2013 (LJ, JT, 200, DT, 1500) Port Alberni (individual event results unavailable)
M60	3357* (2012)	Reidar Zapf-Gilje	4	60	2012	Burnaby (4.48 w=1.1/632, 11.13/706, 14.10 w=0.6/673, 34.38/544, 5:19.80/802)
M60	3210*	Reidar Zapf-Gilje	4	64	23/09/2016	Coquitlam (4.38, 1.9/602, 33.99/537, 29.12, 1.1/674, 39.20/621, 5:24.47/776)
M65	3626*	Reidar Zapf-Gilje	4	65	12/09/17	Vernon (4.48, -1.3/725, 37.04/681, 29.06, 0.9/752, 34.97/604, 5:23.12/864)
M70	3486*	Reidar Zapf-Gilje	4	70	17/09/22	Victoria (3.89/, 0.1/617, 33.62/623, 31.10, 0.9/680. 36.08/713, 5:41.14/853)
M75	2488* (2007)	Adrian Meeuwissen	11	77	2007	Nanaimo (3.52/576, 8.84/650, 16.95/492, 18.86/348, 7:40.31/422)
M80	2114*	Karl Mey	8	83	11/09/19	Kelowna (3.12,-0.5/533, 15.44/277, 37.21,-0.4/472, 14.32/303, 7:39.05/529)
M85	1441*	Joe Giegerich	2	85	12/09/17	Vernon (2.53, -0.5/427, 16.55/388, 44.11, 0.2/285, 12.63/296, 11:51.01/45)

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.
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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)
- 2020 & 2021 (**GAMES CANCELLED DUE TO COVID-19**)
- 2023 – No Hurdles
- 2024 – Track & Field NOT included in Salmon Arm