

2019 BC Masters Indoor Championship
Tournament Capital Centre, Kamloops, BC - 3/29/2019 to 3/31/2019
Results

W40 60 Meter Dash Master

40 BC Master: 8.61 # 2/21/2009 Georgina Titus

Finals

1 #287 Haring, Mihee W41 Unattached B 9.31

W45 60 Meter Dash Master

45 BC Master: 8.55 # 3/3/2007 Kim Ross

Finals

1 #316 Harwood, Jennifer W48 Vancouver TH 10.86

W50 60 Meter Dash Master

50 BC Master: 9.38 # 3/2/2010 Margaret Rhebergen

Finals

1 #191 Valente, Julie W52 Greyhounds M 11.88

W55 60 Meter Dash Master

55 BC Master: 9.16 # 2/13/2016 Cindy O'Brien Hugh

Finals

1 #229 Stark, Anne W55 Kamloops Tra 11.68

W60 60 Meter Dash Master

60 BC Master: 9.64 # 4/1/2017 Margaret Rhebergen

60 PENDING: 9.06 ? 3/9/2019 Patty Szybunka

Finals

1 #255 Szybunka, Patty W61 NorWesters T 9.18#

W65 60 Meter Dash Master

65 BC Master: 10.28 # 4/1/2017 Urith Hayley

Finals

1 #186 Hayley, Urith W67 Greyhounds M 10.58

2 #187 Lee, Deborah W68 Greyhounds M 10.85

3 #190 Shook, Karen W68 Greyhounds M 11.16

W70 60 Meter Dash Master

70 BC Master: 10.41 # 3/20/2011 Christa Bortignon

Finals

1 #183 Allison, Sheila W73 Greyhounds M 12.06

W80 60 Meter Dash Master

80 BC Master: 10.54 # 3/12/2017 Christa Bortignon

Finals

1 #185 Cheetham, Renate W81 Greyhounds M 16.02

M35 60 Meter Dash Master

35 BC Master: 7.20 # 2/6/2016 Brian Carnate

Finals

1 #242 Liburd, Dwight M36 Kamloops Tra 7.33

2 #298 Kirechuk, Kevin M39 Unattached B 8.38

M45 60 Meter Dash Master

45 BC Master: 7.54 # 2/13/2016 Karl Jones

Finals

1 #198 Johnson, Marvin M45 Greyhounds M 7.43#

2 #212 Walker, Samuel M47 Greyhounds M 7.94

3 #248 Sheldon, Randy M47 Kamloops Tra 8.20

4 #211 Taiyab, Faraaz M45 Greyhounds M 8.99

M50 60 Meter Dash Master

50 BC Master: 7.37 # 3/20/1993 Harold Morioka

Finals

1 #194 Colbert, Steven M54 Greyhounds M 7.79

2 #192 Aujla, Jess M54 Greyhounds M 8.14

3 #317 Prevost, Derek M53 Vancouver TH 8.32

4 #209 Smith, Robert M51 Greyhounds M 8.65

5 #204 Phillips, Mark M54 Greyhounds M 9.12

M55 60 Meter Dash Master

55 BC Master: 7.62 # 1/18/2010 Tom Dickson

Finals

1 #200 Law, Steve M57 Greyhounds M 8.74

2 #301 Taylor, Campbell Scott M57 Unattached B 9.30

M60 60 Meter Dash Master

60 BC Master: 7.80 # 3/28/2003 Harold Morioka

Finals

1 #201 Liu, Edwin M62 Greyhounds M 8.70

2 #197 Hill, Joseph M60 Greyhounds M 8.77

3 #213 Woods, Jorge M60 Greyhounds M 8.82

4 #258 Niwinski, Chris M61 Ocean Athlet 8.86

5 #195 Davy, Brent M63 Greyhounds M 8.92

6 #193 Carwana, James M63 Greyhounds M 9.21

M70 60 Meter Dash Master

70 BC Master: 8.71 # 2/2/2013 Harold Morioka

Finals

1 #263 Ukonmaanaho, Tuomas M74 Prince Georg 9.14

2 #251 Strong, Derm M71 Kamloops Tra 9.59

3 #205 Sandhu, Hardev Singh M70 Greyhounds M 9.61

--- #295 Graham, Brian M71 Unattached B SCR

M75 60 Meter Dash Master

75 BC Master: 9.18 # 3/12/2005 Norm Lesage

Finals

1 #299 McGraw, Dave M76 Unattached B 10.13

2 #196 Gee, Arthur M75 Greyhounds M 10.49

3 #206 Shah, Surinder M75 Greyhounds M 10.57

4 #207 Shook, Vern M77 Greyhounds M 12.32

M80 60 Meter Dash Master

80 BC Master: 9.90 # 3/18/2012 Norm Lesage

Finals

1 #302 Van Ryswyk, Roy M81 Unattached B 13.74

M85 60 Meter Dash Master

85 BC Master: 10.68 # 2/7/2015 Norman Lesage

Finals

1 #291 Currie, Donald M85 Unattached B 11.59

W40 200 Meter Dash Masters

40 BC Master: 28.28 # 3/27/1994 Marne McMillan

Finals

1 #287 Haring, Mihee W41 Unattached B 31.66

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W55 200 Meter Dash Masters

55 BC Master: 30.84 # 2/14/2016 Cindy O'Brien Hugh

Finals

1 #229 Stark, Anne W55 Kamloops Tra 39.66

W60 200 Meter Dash Masters

60 BC Master: 33.66 # 4/2/2017 Margaret Rhebergen

60 PENDING: 30.69 ? 3/10/2019 Patty Szybunka

Finals

1 #255 Szybunka, Patty W61 NorWesters T 30.92#

--- #262 Pomietlarz, Monica W60 Okanagan Ath SCR

W65 200 Meter Dash Masters

65 BC Master: 38.56 # 3/2/2017 Karen Shook

65 PENDING: 36.54 ? 3/10/2019 Marie Johnson

Finals

1 #186 Hayley, Urith W67 Greyhounds M 37.07#

2 #190 Shook, Karen W68 Greyhounds M 39.64

W70 200 Meter Dash Masters

70 BC Master: 35.74 # 3/6/2011 Christa Bortignon

Finals

1 #183 Allison, Sheila W73 Greyhounds M 43.43

2 #184 Baldock, Lynette W72 Greyhounds M 52.33

W80 200 Meter Dash Masters

80 BC Master: 38.16 # 3/11/2017 Christa Bortignon

Finals

1 #185 Cheetham, Renate W81 Greyhounds M 58.50

M35 200 Meter Dash Masters

35 BC Master: 24.03 # 3/28/1999 Jimson Lee

Finals

1 #242 Liburd, Dwight M36 Kamloops Tra 24.28

M45 200 Meter Dash Masters

45 BC Master: 23.82 # 3/24/1990 Harold Morioka

Finals

1 #198 Johnson, Marvin M45 Greyhounds M 24.30

2 #212 Walker, Samuel M47 Greyhounds M 25.54

3 #248 Sheldon, Randy M47 Kamloops Tra 27.36

4 #211 Taiyab, Faraaz M45 Greyhounds M 30.47

M50 200 Meter Dash Masters

50 BC Master: 23.76 # 3/21/1993 Harold Morioka

Finals

1 #192 Aujla, Jess M54 Greyhounds M 28.75

2 #209 Smith, Robert M51 Greyhounds M 29.38

3 #204 Phillips, Mark M54 Greyhounds M 30.56

--- #194 Colbert, Steven M54 Greyhounds M DQ

M55 200 Meter Dash Masters

55 BC Master: 24.94 # 3/28/1999 Harold Morioka

Finals

1 #200 Law, Steve M57 Greyhounds M 29.63

2 #301 Taylor, Campbell Scott M57 Unattached B 32.84

M60 200 Meter Dash Masters

60 BC Master: 25.98 # 3/28/2014 Tom Dickson

Finals

1 #197 Hill, Joseph M60 Greyhounds M 29.06

2 #258 Niwinski, Chris M61 Ocean Athlet 29.60

3 #195 Davy, Brent M63 Greyhounds M 29.75

4 #213 Woods, Jorge M60 Greyhounds M 29.78

--- #199 Kang, Harjinder M64 Greyhounds M SCR

M70 200 Meter Dash Masters

70 BC Master: 29.50 # 2/4/2017 Tuomas Ukonmaanaho

Finals

1 #263 Ukonmaanaho, Tuomas M74 Prince Georg 30.60

2 #205 Sandhu, Hardev Singh M70 Greyhounds M 32.00

3 #251 Strong, Derm M71 Kamloops Tra 33.43

--- #295 Grahm, Brian M71 Unattached B SCR

M75 200 Meter Dash Masters

75 BC Master: 32.03 # 3/11/2018 Harold Morioka

Finals

1 #299 McGraw, Dave M76 Unattached B 35.59

2 #206 Shah, Surinder M75 Greyhounds M 35.69

3 #196 Gee, Arthur M75 Greyhounds M 35.95

4 #207 Shook, Vern M77 Greyhounds M 45.72

M80 200 Meter Dash Masters

80 BC Master: 33.82 # 3/19/2011 Norm Lesage

Finals

--- #202 Mey, Karl M82 Greyhounds M SCR

M85 200 Meter Dash Masters

85 BC Master: 39.76 # 2/15/2015 Norman Lesage

Finals

1 #291 Currie, Donald M85 Unattached B 41.01

W50 400 Meter Dash Masters

50 BC Master: 1:30.40 # 3/10/2018 Julie Valente

50 PENDING: 1:29.50 ? 3/9/2019 Julie Valente

Finals

1 #191 Valente, Julie W52 Greyhounds M 1:32.15

W60 400 Meter Dash Masters

60 BC Master: 1:23.34 # 2/27/2016 Marie Johnson

60 PENDING: 1:21.02 ? 3/9/2019 Cindy O'Brien Hugh

Finals

1 #255 Szybunka, Patty W61 NorWesters T 1:23.31#

W70 400 Meter Dash Masters

70 BC Master: 1:22.07 # 2/21/2009 Diane Palmason

Finals

1 #183 Allison, Sheila W73 Greyhounds M 1:41.20

2 #184 Baldock, Lynette W72 Greyhounds M 1:57.47

W80 400 Meter Dash Masters

80 BC Master: 1:32.61 # 3/25/2017 Christa Bortignon

Finals

1 #185 Cheetham, Renate W81 Greyhounds M 2:26.00

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M45 400 Meter Dash Masters

45 BC Master: 52.42 # 3/23/1991 Harold Morioka

Finals

1	#212 Walker, Samuel	M47	Greyhounds M	58.54
2	#248 Sheldon, Randy	M47	Kamloops Tra	64.68
---	#198 Johnson, Marvin	M45	Greyhounds M	SCR

M50 400 Meter Dash Masters

50 BC Master: 52.72 # 2/27/1999 Harold Morioka

Finals

1	#204 Phillips, Mark	M54	Greyhounds M	66.18
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M55 400 Meter Dash Masters

55 BC Master: 54.36 # 3/27/1999 Harold Morioka

Finals

1	#268 Flett, Gordon	M59	Roadkill Run	78.45
2	#301 Taylor, Campbell Scott	M57	Unattached B	1:20.31

M60 400 Meter Dash Masters

60 BC Master: 55.62 # 3/29/2003 Harold Morioka

Finals

1	#197 Hill, Joseph	M60	Greyhounds M	66.65
2	#195 Davy, Brent	M63	Greyhounds M	67.44

M70 400 Meter Dash Masters

70 BC Master: 69.29 # 3/6/2010 Andy Aadmi

Finals

1	#263 Ukonmaanaho, Tuomas	M74	Prince Georg	76.74
2	#210 Stewart, Mark	M74	Greyhounds M	76.82
3	#251 Strong, Derm	M71	Kamloops Tra	1:24.41

M75 400 Meter Dash Masters

75 BC Master: 72.52 # 3/12/2005 Norm Lesage

Finals

1	#196 Gee, Arthur	M75	Greyhounds M	1:33.16
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M80 400 Meter Dash Masters

80 BC Master: 1:24.83 # 2/18/2012 Norm Lesage

Finals

1	#202 Mey, Karl	M82	Greyhounds M	1:24.94
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M85 400 Meter Dash Masters

85 BC Master: 1:38.16 # 2/14/2015 Norman Lesage

Finals

1	#291 Currie, Donald	M85	Unattached B	1:39.41
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W70 800 Meter Run Masters

70 BC Master: 3:19.81 # 2/22/2009 Diane Palmason

Finals

1	#183 Allison, Sheila	W73	Greyhounds M	4:03.97
2	#184 Baldock, Lynette	W72	Greyhounds M	4:18.47

M55 800 Meter Run Masters

55 BC Master: 2:11.71 # 3/28/1999 Harold Morioka

Finals

1	#268 Flett, Gordon	M59	Roadkill Run	2:51.98
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M60 800 Meter Run Masters

60 BC Master: 2:14.42 # 3/30/2003 Harold Morioka

Finals

---	#199 Kang, Harjinder	M64	Greyhounds M	SCR
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M65 800 Meter Run Masters

65 BC Master: 2:47.10 # 2/15/2014 Fred Pawluk

Finals

1	#208 Singh, Gurmit	M65	Greyhounds M	3:18.22
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M70 800 Meter Run Masters

70 BC Master: 2:48.97 # 3/16/2016 Mark Stewart

Finals

1	#210 Stewart, Mark	M74	Greyhounds M	2:59.72
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M75 800 Meter Run Masters**Finals**

1	#196 Gee, Arthur	M75	Greyhounds M	4:01.05
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M80 800 Meter Run Masters

80 BC Master: 3:56.28 # 2/15/2014 Donald Currie

Finals

1	#202 Mey, Karl	M82	Greyhounds M	3:43.40#
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M85 800 Meter Run Masters

85 BC Master: 4:10.23 # 3/3/2010 Harry Thompson

Finals

---	#291 Currie, Donald	M85	Unattached B	SCR
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W50 1500 Meter Run Masters

50 BC Master: 5:15.89 # 3/6/2015 Juliette Christie

Finals

1	#191 Valente, Julie	W52	Greyhounds M	6:58.37
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W70 1500 Meter Run Masters

70 Van Ryswy: 8:13.81 R 3/10/2018 Lynette Baldock

70 BC Master: 7:41.91 # 3/6/2010 Barbara Saunders

Finals

1	#183 Allison, Sheila	W73	Greyhounds M	8:04.56R
2	#184 Baldock, Lynette	W72	Greyhounds M	8:17.77

M55 1500 Meter Run Masters

55 BC Master: 4:39.78 # 3/6/2010 Paul Reimer

Finals

1	#268 Flett, Gordon	M59	Roadkill Run	5:49.54
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M65 1500 Meter Run Masters

65 BC Master: 5:51.17 # 2/14/2014 Fred Pawluk

Finals

1	#208 Singh, Gurmit	M65	Greyhounds M	7:06.35
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M70 1500 Meter Run Masters

70 Van Ryswy: 6:14.26 R 2/14/2015 Mark Stewart

70 BC Master: 5:56.34 # 2/13/2016 Mark Stewart

Finals

1	#210 Stewart, Mark	M74	Greyhounds M	6:18.35
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M75 1500 Meter Run Masters**Finals**

1 #196 Gee, Arthur M75 Greyhounds M 8:06.26

M85 1500 Meter Run Masters

85 BC Master: 8:52.15 # 3/6/2010 Harry Thompson

85 PENDING: 8:47.14 ? 3/19/2019 Donald Currie

Finals

--- #291 Currie, Donald M85 Unattached B SCR

W50 3000 Meter Run

50 BC Master: 11:15.60 # 3/15/2015 Juliette Christie

Finals

1 #191 Valente, Julie W52 Greyhounds M 15:19.03

M55 3000 Meter Run

55 BC Master: 10:08.06 # 3/19/2011 Paul Reimer

Finals

1 #268 Flett, Gordon M59 Roadkill Run 12:30.06

M65 3000 Meter Run

65 BC Master: 13:46.54 # 3/4/2010 Alan Vyse

Finals

1 #208 Singh, Gurmit M65 Greyhounds M 15:57.52

W70 3000 Meter Run

70 BC Master: 16:55.83 # 3/31/2017 Lynette Baldock

Finals

1 #184 Baldock, Lynette W72 Greyhounds M 18:05.44

--- #183 Allison, Sheila W73 Greyhounds M SCR

M70 3000 Meter Run

70 BC Master: 12:43.22 # 2/12/2016 Mark Stewart

Finals

1 #210 Stewart, Mark M74 Greyhounds M 13:26.87

M75 3000 Meter Run**Finals**

1 #196 Gee, Arthur M75 Greyhounds M 17:48.56

M60 60 Meter Hurdles

W60+ - 5x.686m 12m 7m 20m (Black)

M70-79 - 5x.762m, 12m 7m, 20m (Black)

M60-69 - 5x.840m, 12m, 8m, 16m

60 BC Master: 10.73 # 3/12/2016 Reidar Zapf-Gilje

Finals

1 #193 Carwana, James M63 Greyhounds M 12.62

W60 60 Meter Hurdles

W60+ - 5x.686m 12m 7m 20m (Black)

M70-79 - 5x.762m, 12m 7m, 20m (Black)

M60-69 - 5x.840m, 12m, 8m, 16m

60 BC Master: 11.51 # 3/11/2018 Margaret Rhebergen

Finals

1 #255 Szybunka, Patty W61 NorWesters T 12.06

W65 60 Meter Hurdles

W60+ - 5x.686m 12m 7m 20m (Black)

M70-79 - 5x.762m, 12m 7m, 20m (Black)

M60-69 - 5x.840m, 12m, 8m, 16m

65 BC Master: 12.89 # 4/2/2017 Urith Hayley

Finals

1 #186 Hayley, Urith W67 Greyhounds M 13.01

2 #187 Lee, Deborah W68 Greyhounds M 13.17

M70 60 Meter Hurdles

W60+ - 5x.686m 12m 7m 20m (Black)

M70-79 - 5x.762m, 12m 7m, 20m (Black)

M60-69 - 5x.840m, 12m, 8m, 16m

70 BC Master: 11.94 # 2/3/2018 Jess Brewer

Finals

1 #205 Sandhu, Hardev Singh M70 Greyhounds M 12.52

M75 60 Meter Hurdles

W60+ - 5x.686m 12m 7m 20m (Black)

M70-79 - 5x.762m, 12m 7m, 20m (Black)

M60-69 - 5x.840m, 12m, 8m, 16m

75 BC Master: 13.80 # 3/2/2017 Lynn Thompson

Finals

1 #206 Shah, Surinder M75 Greyhounds M 15.02

W65 4x200 Meter Relay Mstr(35+)

65 BC Master: 2:54.30 # 2/15/2015 Greyhounds Track & Field Club

L Baldock, G Moro, W MacKay Smith, C Bortignon

Finals

1 Greyhounds M A 2:45.37#

M45 4x200 Meter Relay Mstr(35+)

45 Van Ryswy: 1:47.68 R 3/11/2018 Greyhounds Track & Field Club

W Harrower, R Sheldon, S Nouraei, S Walker

45 BC Master: 1:51.81 # 2/4/2017

Colbert (51), Smith (48), Galo (50), Walker (45)

Finals

1 Unattached B A 1:47.31R

M50 4x200 Meter Relay Mstr(35+)

50 BC Master: 1:58.67 # 4/2/2017

Davy(61), Liu(60), Phillips(52), Pinckard(55)

Finals

1 Greyhounds M A 1:57.84#

M55 4x200 Meter Relay Mstr(35+)

55 Van Ryswy: 1:54.39 R 3/11/2018 Greyhounds Track & Field Club

J Woods, B Davy, S Law, D Wall

55 BC Master: 1:58.27 # 2/6/2016

Ukonmaanaho(68), Winfield(66), Morioka(77), Birrin

Finals

1 Unattached B B 1:57.84#

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M75 4x200 Meter Relay Mstr(35+)

75 Van Ryswy: 2:26.49 R 3/11/2018 Greyhounds Track & Field Club
 V Shook, L Thompson, H Morioka, D McGraw

Finals

1 Greyhounds M A 2:40.73

M75 4x400 Meter Relay**Finals**

1 Unattached B A 6:20.78

W50 High Jump Mstr(35+)

50 BC Master: 1.30m # 3/4/2010 Margaret Rhebergen

Finals

1 #223 Lessing, Sunette W51 Kamloops Tra 1.45m#

W55 High Jump Mstr(35+)

55 BC Master: 1.34m # 2/14/2015 Margaret Rhebergen

Finals

1 #216 Cavani, Miriam W58 Kamloops Tra 1.35m#

W60 High Jump Mstr(35+)

60 BC Master: 1.28m # 2/18/2017 Margaret Rhebergen

60 PENDING: 1.30m ? 2/9/2019 Monica Pomietlarz

Finals

1 #262 Pomietlarz, Monica W60 Okanagan Ath 1.37m?

W65 High Jump Mstr(35+)

65 BC Master: 1.12m # 3/4/2010 Sandy Anderson

Finals

1 #187 Lee, Deborah W68 Greyhounds M 1.10m

M60 High Jump Mstr(35+)

60 BC Master: 1.65m # 3/6/2010 John Hawkins

Finals

1 #258 Niwinski, Chris M61 Ocean Athlet 1.50m

M70 High Jump Mstr(35+)

70 BC Master: 1.25m # 2/13/2016 Tom Ukonmaanaho

70 PENDING: 1.38m ? 3/10/2019 Heinz Peter

Finals

1 #300 Peter, Heinz M70 Unattached B 1.30m#

2 #283 Ullis, David M70 Ultra Throw 1.20m

3 #263 Ukonmaanaho, Tuomas M74 Prince Georg J1.20m

M75 High Jump Mstr(35+)

75 BC Master: 1.17m # 3/16/2006 Danny Daniels

Finals

1 #206 Shah, Surinder M75 Greyhounds M 1.00m

2 #196 Gee, Arthur M75 Greyhounds M 0.95m

M55 Pole Vault**Finals**

1 #260 Van Ryswyk, Len M55 Ocean Athlet 3.20m

M70 Pole Vault**Finals**

1 #263 Ukonmaanaho, Tuomas M74 Prince Georg 2.20m

2 #205 Sandhu, Hardev Singh M70 Greyhounds M 1.50m

W50 Long Jump Mstr(35+)

50 BC Master: 4.23m # 3/3/2010 Margaret Rhebergen

Finals

1 #223 Lessing, Sunette W51 Kamloops Tra 4.52m#

W55 Long Jump Mstr(35+)

55 BC Master: 4.20m # 1/21/2017 Miriam Cavani

55 PENDING: 4.24m ? 3/10/2019 Miriam Cavani

Finals

1 #216 Cavani, Miriam W58 Kamloops Tra 4.17m

W60 Long Jump Mstr(35+)

60 BC Master: 3.38m # 2/15/2015 Deborah Lee

60 PENDING: 4.14m ? 3/10/2019 Cindy O'Brien Hugh

Finals

1 #255 Szybunka, Patty W61 NorWesters T 3.87m#

W65 Long Jump Mstr(35+)

65 BC Master: 2.89m # 2/19/2012 Lynette Baldock

65 PENDING: 3.47m ? 3/10/2019 Deborah Lee

Finals

1 #187 Lee, Deborah W68 Greyhounds M 3.37m#

W70 Long Jump Mstr(35+)

70 Van Ryswy: 2.48m R 3/11/2018 Lynette Baldock

70 BC Master: 3.36m # 3/5/2011 Christa Bortignon

Finals

1 #184 Baldock, Lynette W72 Greyhounds M 2.37m

2 #183 Allison, Sheila W73 Greyhounds M 2.29m

M35 Long Jump Mstr(35+)

35 BC Master: 4.40m # 4/2/2017 Johannes Raath

35 PENDING: 6.27m ? 3/10/2019 Dwight Liburd

Finals

1 #242 Liburd, Dwight M36 Kamloops Tra 6.14m#

M50 Long Jump Mstr(35+)

50 BC Master: 6.16m # 3/4/2010 Jim Bissenden

Finals

1 #192 Aujla, Jess M54 Greyhounds M 4.13m

M55 Long Jump Mstr(35+)

55 BC Master: 5.48m # 3/3/2007 John Hawkins

Finals

1 #268 Flett, Gordon M59 Roadkill Run 3.22m

M60 Long Jump Mstr(35+)

60 BC Master: 5.11m # 2/19/2012 Roy Turkington

Finals

1 #193 Carwana, James M63 Greyhounds M 4.10m

2 #197 Hill, Joseph M60 Greyhounds M 4.02m

M70 Long Jump Mstr(35+)

70 BC Master: 3.49m # 2/15/2015 Surinder Shah

Finals

1 #205 Sandhu, Hardev Singh M70 Greyhounds M 3.55m#

2 #283 Ullis, David M70 Ultra Throw 2.89m

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M75 Long Jump Mstr(35+)

75 BC Master: 3.25m # 3/11/2004 Danny Daniels

Finals

1	#196 Gee, Arthur	M75	Greyhounds M	3.41m#
2	#206 Shah, Surinder	M75	Greyhounds M	2.73m

W65 Triple Jump Mstr(35+)

65 BC Master: 6.32m # 2/16/2013 Lynette Baldock

Finals

1	#187 Lee, Deborah	W68	Greyhounds M	7.59m#
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W70 Triple Jump Mstr(35+)

70 Van Ryswy: 5.91m R 3/10/2018 Lynette Baldock

70 BC Master: 7.41m # 3/6/2011 Christa Bortignon

Finals

1	#183 Allison, Sheila	W73	Greyhounds M	5.62m
2	#184 Baldock, Lynette	W72	Greyhounds M	5.41m

M50 Triple Jump Mstr(35+)

50 BC Master: 9.97m # 3/19/2011 Marcel Kosierb

Finals

1	#192 Aujla, Jess	M54	Greyhounds M	8.52m
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M60 Triple Jump Mstr(35+)

60 BC Master: 9.75m # 3/6/2010 John Hawkins

Finals

1	#193 Carwana, James	M63	Greyhounds M	8.35m
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M70 Triple Jump Mstr(35+)

70 BC Master: 6.49m # 2/14/2015 Arthur Gee

Finals

1	#205 Sandhu, Hardev Singh	M70	Greyhounds M	7.08m#
2	#295 Graham, Brian	M71	Unattached B	6.49m#

M75 Triple Jump Mstr(35+)

75 BC Master: 7.30m # 3/13/2016 Lynn Thompson

Finals

1	#196 Gee, Arthur	M75	Greyhounds M	7.00m
2	#206 Shah, Surinder	M75	Greyhounds M	5.49m

M35-49 Shot Put Master

M35-49 - 7.26kg

M50-59 - 6kg

M60-69 - 5kg

M70-79 - 4kg

M80+ - 3kg

W50-74 - 3 kg

Finals

1	#296 Harrower, Will	M47	Unattached B	9.33m
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W50 Shot Put Master

M35-49 - 7.26kg

M50-59 - 6kg

M60-69 - 5kg

M70-79 - 4kg

M80+ - 3kg

W50-74 - 3 kg

Finals

1	#223 Lessing, Sunette	W51	Kamloops Tra	8.85m
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M55 Shot Put Master

M35-49 - 7.26kg

M50-59 - 6kg

M60-69 - 5kg

M70-79 - 4kg

M80+ - 3kg

W50-74 - 3 kg

55 BC Master: 12.93m # 3/4/2006 John Hawkins

Finals

1	#280 Arthur, Andrew	M57	Ultra Throw	9.93m
2	#268 Flett, Gordon	M59	Roadkill Run	6.78m

M60 Shot Put Master

M35-49 - 7.26kg

M50-59 - 6kg

M60-69 - 5kg

M70-79 - 4kg

M80+ - 3kg

W50-74 - 3 kg

60 BC Master: 13.07m # 3/2/2010 John Hawkins

Finals

1	#297 Heighton, Randy	M63	Unattached B	9.01m
2	#199 Kang, Harjinder	M64	Greyhounds M	5.59m

W60 Shot Put Master

M35-49 - 7.26kg

M50-59 - 6kg

M60-69 - 5kg

M70-79 - 4kg

M80+ - 3kg

W50-74 - 3 kg

60 PENDING: 10.01m ? 2/9/2019 Monica Pomietlarz

Finals

1	#262 Pomietlarz, Monica	W60	Okanagan Ath	9.02m
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M65 Shot Put Master

M35-49 - 7.26kg

M50-59 - 6kg

M60-69 - 5kg

M70-79 - 4kg

M80+ - 3kg

W50-74 - 3 kg

65 BC Master: 11.88m # 3/3/2010 Marek Glowacki

Finals

1	#281 Bains, Mohan	M68	Ultra Throw	9.48m
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W65 Shot Put Master

M35-49 - 7.26kg

M50-59 - 6kg

M60-69 - 5kg

M70-79 - 4kg

M80+ - 3kg

W50-74 - 3 kg

Finals

1	#284 Hessel, Laura	W66	Unattached A	7.17m
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M70 Shot Put Master

M35-49 - 7.26kg

M50-59 - 6kg

M60-69 - 5kg

M70-79 - 4kg

M80+ - 3kg

W50-74 - 3 kg

70 BC Master: 13.74m # 3/29/2014 Marek Glowacki

Finals

1	#283 Ulis, David	M70	Ultra Throw	10.92m
2	#282 Toor, Harnek	M72	Ultra Throw	10.15m
3	#205 Sandhu, Hardev Singh	M70	Greyhounds M	8.96m

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M75 Shot Put Master

M35-49 - 7.26kg **M50-59 - 6kg**
M60-69 - 5kg **M70-79 - 4kg**
M80+ - 3kg
W50-74 - 3 kg
75 BC Master: 9.45m # 2/16/2014 Bakhshish Dhillon

Finals

1	#203 Morioka, Harold	M76	Greyhounds M	8.41m
2	#293 Dyer, Jim	M76	Unattached B	8.28m
3	#206 Shah, Surinder	M75	Greyhounds M	6.85m
4	#196 Gee, Arthur	M75	Greyhounds M	6.62m

W65 Weight Throw

W35-49 - 9.08kg (20#) **W50-59 - 7.26kg (16#)**
W60-74 - 5.45g (12#) **W75+ - 4.00kg (8.9#)**
U20-Sr - 9.08 kg (20#)
65 BC Master: 10.46m # 2/13/2014 Cheryl Closkey

Finals

1	#284 Hessel, Laura	W66	Unattached A	9.98m
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M45 Weight Throw

M35-49 - 15.88kg (35#) **M50-59 - 11.34kg (25#)**
M60-69 - 9.08kg (20#) **M70-79 - 7.26kg (16#)**
M80+ - 5.45kg (12#)
U16 - 7.26 kg (16#) U20 - 11.34 kg(25#) Snr- 15.88 kg(35)
45 BC Master: 9.68m # 12/27/2015 Jody Cranston

Finals

1	#296 Harrower, Will	M47	Unattached B	8.13m
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M55 Weight Throw

M35-49 - 15.88kg (35#) **M50-59 - 11.34kg (25#)**
M60-69 - 9.08kg (20#) **M70-79 - 7.26kg (16#)**
M80+ - 5.45kg (12#)
U16 - 7.26 kg (16#) U20 - 11.34 kg(25#) Snr- 15.88 kg(35)
55 BC Master: 15.70m # 3/20/2011 Mike Duffala

Finals

1	#280 Arthur, Andrew	M57	Ultra Throw	10.96m
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M60 Weight Throw

M35-49 - 15.88kg (35#) **M50-59 - 11.34kg (25#)**
M60-69 - 9.08kg (20#) **M70-79 - 7.26kg (16#)**
M80+ - 5.45kg (12#)
U16 - 7.26 kg (16#) U20 - 11.34 kg(25#) Snr- 15.88 kg(35)
60 BC Master: 15.55m # 2/12/2016 Dave McDonald

Finals

1	#297 Heighton, Randy	M63	Unattached B	12.32m
2	#199 Kang, Harjinder	M64	Greyhounds M	6.84m

M65 Weight Throw

M35-49 - 15.88kg (35#) **M50-59 - 11.34kg (25#)**
M60-69 - 9.08kg (20#) **M70-79 - 7.26kg (16#)**
M80+ - 5.45kg (12#)
U16 - 7.26 kg (16#) U20 - 11.34 kg(25#) Snr- 15.88 kg(35)
65 BC Master: 13.47m # 2/12/2016 Harnek Toor

Finals

1	#281 Bains, Mohan	M68	Ultra Throw	12.00m
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M70 Weight Throw

M35-49 - 15.88kg (35#) **M50-59 - 11.34kg (25#)**
M60-69 - 9.08kg (20#) **M70-79 - 7.26kg (16#)**
M80+ - 5.45kg (12#)
U16 - 7.26 kg (16#) U20 - 11.34 kg(25#) Snr- 15.88 kg(35)
70 BC Master: 15.14m # 2/18/2011 Marek Glowacki

Finals

1	#282 Toor, Harnek	M72	Ultra Throw	15.21m#
2	#283 Ulis, David	M70	Ultra Throw	13.81m
3	#205 Sandhu, Hardev Singh	M70	Greyhounds M	13.30m

M75 Weight Throw

M35-49 - 15.88kg (35#) **M50-59 - 11.34kg (25#)**
M60-69 - 9.08kg (20#) **M70-79 - 7.26kg (16#)**
M80+ - 5.45kg (12#)
U16 - 7.26 kg (16#) U20 - 11.34 kg(25#) Snr- 15.88 kg(35)
75 BC Master: 11.01m # 2/13/2014 Bakhshish Dhillon

Finals

1	#293 Dyer, Jim	M76	Unattached B	12.44m#
2	#206 Shah, Surinder	M75	Greyhounds M	8.80m
3	#203 Morioka, Harold	M76	Greyhounds M	8.53m
4	#196 Gee, Arthur	M75	Greyhounds M	7.82m

W35 800 Meter Run Indoor Pentathlon**Finals**

1	#288 Meyer, Christina	W39	Unattached B	2:36.63	621
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W50 800 Meter Run Indoor Pentathlon**Finals**

1	#223 Lessing, Sunette	W51	Kamloops Tra	3:12.97	484
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M70 1000 Meter Run Indoor Pentathlon**Finals**

1	#283 Ulis, David	M70	Ultra Throw	5:33.28	216
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W35 60 Meter Hurdles Indoor Pentathlon

WU18 - 5x.762, 13,8.5,13 (Yellow) W35-5x.840, 13, 8.5, 13 (Y)

W65 - 5x.66, 12, 7,20

Finals

1	#288 Meyer, Christina	W39	Unattached B	12.96	316
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W50 60 Meter Hurdles Indoor Pentathlon

WU18 - 5x.762, 13,8.5,13 (Yellow) W35-5x.840, 13, 8.5, 13 (Y)

W65 - 5x.66, 12, 7,20

Finals

1	#223 Lessing, Sunette	W51	Kamloops Tra	10.59	883
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M70 60 Meter Hurdles Indoor Pentathlon

M70-79 - 5x..762m, 12, 7 20

Finals

1	#283 Ulis, David	M70	Ultra Throw	14.87	296
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W35 High Jump Indoor Pentathlon**Finals**

1	#288 Meyer, Christina	W39	Unattached B	1.30m	470
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W50 High Jump Indoor Pentathlon**Finals**

1 #223 Lessing, Sunette W51 Kamloops Tra 1.50m 1,016

M70 High Jump Indoor Pentathlon**Finals**

1 #283 Ullis, David M70 Ultra Throw 1.20m 602

W35 Long Jump Indoor Pentathlon**Finals**

1 #288 Meyer, Christina W39 Unattached B 3.21m 174

W50 Long Jump Indoor Pentathlon**Finals**

1 #223 Lessing, Sunette W51 Kamloops Tra 4.57m 765

M70 Long Jump Indoor Pentathlon**Finals**

1 #283 Ullis, David M70 Ultra Throw 1.85m 70

W35 Shot Put Indoor Pentathlon**Finals**

1 #288 Meyer, Christina W39 Unattached B 6.97m 349

W50 Shot Put Indoor Pentathlon**Finals**

1 #223 Lessing, Sunette W51 Kamloops Tra 9.19m 633

M70 Shot Put Indoor Pentathlon**Finals**

1 #283 Ullis, David M70 Ultra Throw 11.00m 733

W35 Indoor Pentathlon**Finals**

1 #288 Meyer, Christina W39 Unattached B 1930

W50 Indoor Pentathlon**Finals**

1 #223 Lessing, Sunette W51 Kamloops Tra 3781

M70 Indoor Pentathlon

70 PENDING: 2206 ? 3/19/2019 Hardev Sandhu

Finals

1 #283 Ullis, David M70 Ultra Throw 1917

--- #205 Sandhu, Hardev Singh M70 Greyhounds M SCR

M75 Indoor Pentathlon

75 BC Master: 2669 # 3/16/2006 Danny Daniels

Finals

--- #206 Shah, Surinder M75 Greyhounds M SCR

M55 1500 Meter Race Walk**Finals**

1 #153 Storms, John M59 Athletics YU 8:38.60

W60 1500 Meter Race Walk

60 BC Master: 9:40.05 # 3/10/2018 Suzanne Sharp

Finals

1 #152 Love, Bonnie W60 Athletics YU 10:52.35

W65 1500 Meter Race Walk

65 PENDING: 9:54.37 ? 3/10/2019 Suzanne Sharp

Finals

1 #189 Sharp, Suzanne W65 Greyhounds M 9:51.88?

W80 1500 Meter Race Walk

80 BC Master: 12:00.19 # 3/19/2011 Ruth Carrier

Finals

1 #185 Cheetham, Renate W81 Greyhounds M 12:27.70

M55 3000 Meter Race Walk

55 BC Master: 15:42.36 # 3/3/2010 Gerald Dragomir

Finals

1 #153 Storms, John M59 Athletics YU 18:17.51

W60 3000 Meter Race Walk

60 BC Master: 20:04.33 # 3/9/2018 Suzanne Sharp

Finals

--- #152 Love, Bonnie W60 Athletics YU DQ

W65 3000 Meter Race Walk

65 PENDING: 20:14.77 ? 3/9/2019 Suzanne Sharp

Finals

1 #189 Sharp, Suzanne W65 Greyhounds M 20:45.97

W80 3000 Meter Race Walk

80 BC Master: 25:51.70 # 3/3/2010 Hildegard Buschhaus

Finals

1 #185 Cheetham, Renate W81 Greyhounds M 25:27.78#