

# CANADIAN RELAY RECORDS

Updated September 20, 2021

2021 Records in **BOLD** (3 Outdoors and 0 Indoors)

## OUTDOORS

### 4 x 100 METRES

M35	43.99	Andre Mitchell (ON,41), Justin Sinclair (AB,40) Luke Wang (BC,46), Jackson Hinton (AB,37)	16/09/18	Malaga, SPN
M40	44.76	George Kenins (ON,43), Harold Morioka (BC,52) Tom Dickson (BC,42), Bob Zimmerman (ON,48)	23/07/95	Buffalo, NY
M45	45.06	Tom Dickson (BC,46), Harold Morioka (BC,56) Kostie Killas (BC,45), Kerry Smith (ON,45)	08/08/99	Gateshead, GBR
M50	46.67	Chris Warburton (ON,53), Christian Lemassif (ON,51) Serge Faucher (ON,54), Michael Sherar (ON,54)	16/09/18	Malaga, SPN
M55	50.49	Herb Gee (BC,61), Tony Badowski (BC,59) Lee Southern (BC,58), Harold Morioka (BC,59)	16/06/02	Langley, BC
M60	51.15	Mike Morris (ON,62), Harold Morioka (BC,60) Alan Slater (ON,61), Tony Badowski (BC,60)	13/07/03	Carolina, PUR
M65	54.17	Tony Badowski (BC,67), Lee Southern (BC,65) Harold Morioka (BC,67), Tuomas Ukonmaanaho (BC,65)	20/06/10	Langley, BC
M70	58.33	Tony Blenman (BC,71), Francisco Machado (BC,71) Harold Morioka (BC,74), Sewa Birring (BC, 71)	15/09/17	Vernon, BC
M75	1:03.17	Dave Munro (76,BC), Harold Morioka (75,BC) Surinder Shah (75,BC), David McGraw (75,BC)	04/08/18	Surrey, BC
M80	1:10.57	Ray Wardle (ON,80), Arnold Nett (AB,80) Bill Thompson (ON,83), Ted Rowan (SK,80)	27/07/13	Regina, SK
M85	1:42.81	Ron Huckerby (BC,88), Scot Henney (BC,92) Issac Thiessen (BC,88), Joe Giegerich (BC,85)	15/09/17	Vernon, BC
W35	50.41	Alessia Berti (AB,35), Khama Beckles (ON,43) Natacha Dupuis (ON,39), Melinda Hidi (NS,40)	16/09/18	Malaga, SPN
W40	50.84	Karla Del Grande (ON,51), Patti Rogers (BC,44) Megan Delmonico (BC,43), Noella Lee Pong (AB,43)	17/07/04	Calgary, AB
W45	54.20	RhonaTrott (ON,52), Marne McMillan (BC,49) Maureen de St. Croix (BC,48), Betsy Lord (BC,45)	14.07/01	Brisbane, AUS
W50	54.31	Wendy Alexis (ON,53), Karla Del Grande (ON,55) Susanne Lauridsen (AB,50), Evelyn Burnett (AB,50)	02/08/08	Regina, SK
W55	57.38	Rhona Trott (ON,62), Wendy Alexis (ON,56) Jo Welch (NS,55), Karla Del Grande (ON,58)	17/06/11	Toronto, ON
W60	57.94	Elaine Whidden (BC,62), Wendy Alexis (ON,62) Carol LaFayette-Boyd (SK,75), Karla Del Grande (ON,64)	12/08/17	Toronto, ON
W65	1:06.51	Deborah Lee(68,BC), Urith Hayley(67,BC) Marie Johnson(65,BC), Karen Shook(67,BC)	03/08/18	Surrey, BC
W70	1:12.01	Diane Palmason (BC,72), Gerda Crosthwaite (BC,71) Louise Reed (BC,75), Christa Bortignon (BC,73)	16/09/10	Courtenay, BC
<b>W75</b>	<b>1:19.88</b>	<b>Cherry Graf (BC,75), Christa Bortignon (BC,84) Marg Radcliffe (BC,79), Avril Douglas (BC,75)</b>	<b>21/08/21</b>	<b>Surrey, BC</b>
W80	1:49.15	Hildegard Buschhaus (BC,80), Olga Kotelko (BC,89) Doreen McLeod-Smith (BC,83), Leona Smith (BC,80)	13/10/08	Prince George, BC

### 4 x 400 METRES

M35	3:28.26	Andre Mitchell (ON,36), Peter Lawson (NS,44) Nigel John (ON,41), Joe Boland (ON,35)	27/10/13	Porto Alegre, BRA
M40	3:25.39	Chris Lemassif (ON,42), Peter Lawson (NS,40) Paul Osland (ON,45), Mike Sherar (ON,45)	08/08/09	Lahti, FIN
M45	3:33.95	Chris Lemassif (ON,47), Peter Lawson (NS,45) Paul Osland (ON,50), Michael Sherar (ON,50)	13/07/14	Toronto, ON

M50	3:44.79	Marcus Skeete (ON,50), Serge Faucher (ON,54) Paul Osland (ON,54), Michael Sherar (ON,54)	16/09/18	Malaga, SPN
M55	3:57.61	Tony Badowski (BC,57), Bill McIlwaine (ON,61) Jake Madderom (BC,55), Harold Morioka (BC,57)	20/08/00	Kamloops, BC
M60	4:07.74	Tony Badowski (BC,60), Earl Fee (ON,74) Bruce Mitchell (ON,60), Harold Morioka (BC,60)	13/07/03	Carolina, PUR
M65	4:37.32	Francisco Machado (BC,71), Hardev Sandhu (BC,68) Barry Sparkes (BC,66), Reidar Zapf-Gilje (BC,65)	16/09/17	Vernon, BC
M70	4:53.44	Tom Ukonmaanaho (BC,71), Sewa Birring (BC,70) Jess Brewer (BC,70), Mark Stewart (BC,72)	30/08/16	Vancouver, BC
M75	5:14.61	Roger Davies (AB,76), Ray Wardle (ON,78) Earl Fee (ON,82), Ed Whitlock (ON,80)	17/07/11	Sacramento, CA
M80	6:25.06	Ray Wardle (ON,80), Arnold Nett (AB,80) Bill Thompson (ON,83), Gerald Graham (AB,80)	28/07/13	Regina, SK
W35	4:22.17	Gwen Ridout (AB,41), Maxine Wilkes (AB,36) Charlene Dunn (AB,39), Lindsay Clapperton (AB,38)	18/07/04	Calgary, AB
W40	4:09.22	Avril Douglas (BC,43), Judy Warwick (SK,40) Catherine Roberts (AB,42), Liz McBlain (AB,41)	06/08/89	Eugene, OR
W45	4:28.95	Kate Cochrane-Brink (ON,46), Donna Dixon (AB,51) Annie Bunting (ON,49), Nancy Catton (ON,46)	13/07/14	Toronto, ON
W50	4:24.09	Marne McMillan (BC,51), Karla Del Grande (ON,50) Rhona Trott (ON,54), Maureen de St. Croix (BC,50)	13/07/03	Carolina, PUR
W55	5:08.78	Cindy O'Brien Hugh (BC,59), Elaine Whidden (BC,62) Valerie Scott (BC,62), Janette Wood (BC,57)	16/09/17	Vernon, BC
W60	5:19.48	Coleen Ross (BC,64), Marie Johnson (BC,63) Valerie Scott (BC,61), Elaine Whidden (BC,61)	30/08/16	Vancouver, BC
W65	5:59.02	Marg Radcliffe (BC,65), Mary McCarron-Egner (SK,70) Alice Cole (QC,74), Carol LaFayette-Boyd (SK,65)	15/09/07	Riccione, ITA
W70	6:12.25	Mary McCarron-Egner (SK,71), Helly Visser (AB,74) Louise Reed (BC,73), Diane Palmason (BC,70)	09/10/08	Calgary, AB

#### 4 x 800 METRES

M35	8:59.99	Richard McClelland (ON,41), Andrew Jones (ON,46) Sean Cross (ON,41), Scott Lalande (ON,38)	06/07/11	London, ON
M40	9:00.68	Michael Sherar (ON,53), Paul Osland (ON,53) Bill Wells (ON,42), Jay Brecher (ON,43)	12/08/17	Toronto, ON
M45	9:24.04	Lloyd Guss (CAN,55), David Guss (AB,53) Chris Guss (AB,49), Tim Guss (AB,49)	25/05/14	Calgary, AB
M50	8:36.39	Andrew Tuovinen (BC,51), Serge Faucher (ON,50) Paul Osland (ON,50), Michael Sherar (ON,50)	12/07/14	Toronto, ON
M55	9:54.27	Keith Wakelin (BC,57), Lyndon Smith (SK,55) David Guss (AB,55), Mark Pinckard (BC,56)	29/08/16	Vancouver, BC
<b>M60</b>	<b>10:37.46</b>	<b>Paul Reimer (BC,66), Doug Henderson (BC,64)</b> <b>Brent Scott (BC,65), David Guss (BC,60)</b>	<b>21/08/21</b>	<b>Surrey, BC</b>
M65	12:08.60	John De Finney (ON,65), Tim Payne (ON,65) Duncan Greenshields (ON,66), Ken Hamilton (ON,65)	27/06/15	Toronto, ON
M70	12:25.28	Doug Renwick (SK,71), Roger Davies (AB,78) Vern Christensen (ON,72), Chris Mackie (ON,72)	27/07/13	Regina, SK
<b>M75</b>	<b>12:27.30</b>	<b>Barrie Dargie (BC,77), Mark Stewart (BC,77)</b> <b>Pat Harton (BC,79), Piara Bhullar (BC,75)</b>	<b>08/08/21</b>	<b>Surrey, BC</b>
M80	14:24.03	Ray Wardle (ON,80), Bill Thompson (ON,83) Ed Whitlock (ON,82), Earl Fee (ON,84)	06/07/13	Toronto, ON
W35	10:23.32	Michelle Clarke (ON,42), Donna Dixon (AB,53) Amy Ballon (ON,45), Julie Lajeunesse (QC,35)	14/08/16	Toronto, ON
W40	9:16.91	Shari Boyle (AB,43), Courtney Babcock (ON,44) Diane Cummins (BC,42), Larissa MacMillan (AB,40)	29/08/16	Vancouver, BC <b>WR</b>
W45	10:57.41	Jennifer Rout (ON,48), Heather O'Hagan (ON,51) Ginette Jones (ON,47), Kathryn Sullivan (ON,47)	06/07/13	Toronto, ON

W50	10:39.30	Heather O'Hagan (ON,51), Karen Gold (ON,50) Laurie Meloche (SK,52), Donna Dixon (AB,50)	27/07/13	Regina, SK
W55	11:27.45	Donna Dixon (AB,56), Margot Glover (AB,55) Kendra Laycock (AB,55), Janice Patterson (AB,55)	01/08/19	Calgary, AB
W60	13:12.94	Linda Findley (ON,63), Julia McDonald (ON,62) Linda Jones (ON,62), Geordie Farrell (ON,60)	06/07/11	London, ON
W65	13:47.79	Linda Jones (ON,67), Diane Marrow (ON, 65) Geordie Farrell (ON,65), Linda Findley (ON, 68)	13/06/16	London, ON
W70	15:41.25	Carol LaFayette-Boyd (SK,71), Lenore Montgomery (BC,83) Alice Cole (QC,80), Helly Visser (AB,79)	27/07/13	Regina, SK

## INDOORS

### 4 X 200 METRES

M35	1:38.97	William Harrower (BC,38), Peter Lawson (NS,41) Chris Jones (AB,36), Sam Walker (BC,38)	06/03/10	Kamloops, BC
M40	1:38.31	Zaven Tavitian (QC,45), Chris Lemassif (ON,45 ) Yannick Le Mouel (QC,44), Jerry Kangni (QC,43 )	10/03/12	Toronto, ON
M45	1:37.26	Chris Warburton (ON,48), Peter Lawson (NS,45) Marcus Skeete (ON,46), Chris Lemassif (ON,47)	30/03/14	Budapest, HUN
M50	1:37.72	Chris Lemassif (ON,50), Zaven Tavitian (QC50) Serge Faucher (ON,52), Mike Sherar (ON,53)	25/03/17	Daegu, KOR
M55	1:54.39	Jorge Woods(BC,59), Brent Davy(BC,62) Steve Law(BC,56), David Wall(BC,62)	11/03/18	Kamloops, BC
M60	1:53.37	Bruno Gartner (BC,60), Roy Turkington (BC,61) Ken Crockett (BC,60), Al Percival (BC,61)	03/04/13	Kamloops, BC
M65	1:58.03	Tom Ukonmaanaho (BC,68), John Winfield (BC,66) Harold Morioka (BC,70), Sewa Birring (BC,67)	03/04/13	Kamloops, BC
M70	2:08.88	Mark Stewart (BC,72), John Winfield (BC,70) Francisco Machado(BC,71), Tom Ukonmaanaho(BC,72)	02/04/17	Kamloops, BC
M75	2:19.66	Tom Ukonmaanaho (BC,75), Arthur Gee (BC,76) Surinder Shah (BC,76), Mark Stewart (BC,75)	01/03/20	Kamloops, BC
M80	2:33.41	Ed Whitlock (ON,82), Bill Thompson (ON,83) Ray Wardle (ON,80), Earl Fee (ON,83)	16/03/13	Toronto, ON
W35	1:57.99	Debbie King(ON,44), Lorena Reyes(ON,36) Kem McLean(ON,39), Sheree Mullings(ON,38)	08/03/20	Toronto, ON
W40	1:57.55	Nicola Everton (BC,44), Jeanie Bezdán (BC,45) Anne Bunting (ON,45), Renee Belanger (BC,47)	06/03/10	Kamloops, BC
W45	2:01.41	Karla Del Grande (ON,63), Wendy Alexis (ON,61) Louise Bonneau (QC,47), Jodi Rice (ON,47)	12/03/17	Toronto, ON
W50	1:58.88	Wendy Alexis (ON,54), Rhonda Tremblay (SK,50) Jovette Jolicoeur (AB,50), Karla Del Grande (ON,56)	06/03/10	Kamloops, BC
W55	2:03.37	Carol LaFayette-Boyd (SK,71), Susanne Lauridsen (AB,56) Wendy Alexis (ON,59), Karla Del Grande (ON,60)	30/03/14	Budapest, HUN
W60	2:16.23	Rhona Trott (ON,61), Catherine Roberts (AB,63) Michelle Hankey (BC,61), Carol LaFayette-Boyd (SK,67)	06/03/10	Kamloops, BC
W65	2:45.37	Deborah Lee (BC,68), Karen Shook (BC,68) Sheila Allison (BC,73), Urith Hayley (BC,68)	31/03/19	Kamloops, BC
W70	3:04.74	Klazina Noort (BC,77), Ruth Carrier (BC,79) Mary McCarron-Egner (AB,73), Louise Reed (BC,74)	06/03/10	Kamloops, BC
W75	3:28.53	Klazina Noort (BC,79), Lenore Montgomery (BC,81) Ruth Carrier (BC,81), Christa Bortignon (BC,75)	18/02/12	Kamloops, BC
W80	4:15.33	Louise Sorensen (BC,81), Hildegard Buschhaus (BC,81) Olga Kotelko (BC,91), Leona Smith (BC,82)	06/03/10	Kamloops, BC

### 4 X 400 METRES

M35	4:36.80	Jeff Orchard (ON,50), Kevin Garlick (ON,53) Jon Izma (ON,35), Rich McLelland (ON,45)	16/01/16	London, ON
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M40	3:39.22	Malik Crepsac (ON,40), Eddy Renelique (ON,43) Michael Sherar (ON,43), Paul Osland (ON,43)	04/02/07	Toronto, ON
M45	3:49.86	Ken Kudo (ON,46), Paul Osland (ON,45) Eddy Renelique (ON,45), Mike Sherar (ON,45)	25/01/09	Toronto, ON
M50	3:50.24	Serge Faucher (ON,53), Jim Dyck (ON,52) Claude Faucher (ON,50), Paul Osland (ON,54)	10/03/18	Toronto, ON
M55	4:05.85	Serge Faucher (ON,55), Simon Rayner (ON,56) Jose Fuentes (ON,55), Paul Osland (ON,56)	08/03/20	Toronto, ON <b>WR</b>
M60	4:13.30	Tony Badowski (BC,65), John Winfield (BC,61) Sewa Birring (BC,62), Harold Morioka (BC,65)	11/03/08	Kamloops, BC
M65	4:46.66	Hardev Sandhu (BC,65), Fred Pawluk (BC,66) Harold Morioka (BC,71), Sewa Birring (BC,68)	15/02/14	Kamloops, BC
M70	5:12.10	Surinder Shah (BC,71), Bill McNamara (BC,73) Tom Ukonmaanaho (BC,70), Mark Stewart (BC,70)	14/02/15	Kamloops, BC
M75	5:56.45	Tom Ukonmaanaho (BC,75), Arthur Gee (BC,76) Surinder Shah (BC,76), Mark Stewart (BC,75)	29/02/20	Kamloops, BC
M80	6:06.23	Ray Wardle (ON,80), Bill Thompson (ON,83) Ed Whitlock (ON,82), Earl Fee (ON,83)	17/03/13	Toronto, ON <b>WR</b>
W35	4:34.74	Jodi Rice (46), Louise Bonneau (46) Tanya Sakharov (35), Nancy Catton (48)	20/03/16	Toronto, ON
W40	4:27.25	Gwen Bailey-Mason (ON,40), Lynda de Boer (ON,47) Christine Lavalee (ON,50), Karla Del Grande (ON,53)	04/02/07	Toronto, ON
W45	4:48.34	Karla Del Grande (ON,60), Kate Cochrane-Brink (ON,46) Gwen Bailey-Mason (ON,47), Annie Bunting (ON,49)	16/03/14	Toronto, ON
W50	4:55.91	Laurie Meloche (SK,51), Heather O'Hagan (ON,51) Donna Dixon (AB,50), Karen Gold (ON,50)	17/03/13	Toronto, ON
W55	5:32.74	Lynda Turner (AB,55), Margot Glover (AB,55) Muriel Gieni (SK,61), Donna Dixon (AB,57)	01/03/20	Edmonton, AB
W60	6:45.54	Wendy Fraser (ON,62), Wilma Koopman (ON,62) Patricia Boost (ON,65), Linda Jones (ON,66)	16/01/16	London, ON

#### 4 x 800 METRES

M35	8:42.48	Paul Osland (ON,50), Jay Brecher (ON,40) Michal Kapral (ON,41), Joey Boland (ON,35)	15/03/14	Toronto, ON
M40	8:45.59	Bill Wells (ON,41), Jay Brecher (ON,42) Michal Kapral (ON,43), Simon Rayner (ON,52)	28/02/16	Toronto, ON
M45	9:37.21	Lloyd Guss (CAN,55), David Guss (AB,53) Chris Guss (AB,49), Tim Guss (AB,49)	26/04/14	Calgary, AB
M50	8:34.76	Jim Dyck(ON,52), Simon Rayner (ON,53) Michael Sherar (ON,54), Paul Osland (ON,54)	25/02/18	Toronto, ON
M55	12:22.78	Wayne Chee (ON,58), Doug Smith (ON,61) Charley Moses (ON,57), Duncan Greenshields (ON,64)	16/03/13	Toronto, ON
M60	10:32.83	Ted Paget (ON,62), John DeFinney (ON,64) John Giffen (ON,62), Ken Hamilton (ON,64)	23/03/14	Toronto, ON
M65	12:04.68	Duncan Greenshields (ON,67), Ken Hamilton (ON,66) Chris Mackie (ON,75), Richard Bailey (ON,67)	21/02/16	Toronto, ON
M70	12:38.26	Chris Mackie (ON,73), Vern Christensen (ON,73) Jack Geddes (ON,76), David Woodhall (ON,71)	15/03/14	Toronto, ON
M75	13:36.99	Doug Renwick(SK,75), Robert Moore(ON,76) Vern Christensen(ON,76), Chris Mackie(ON,76)	12/03/17	Toronto, ON
W35	11:13.10	Deb Buhlers (AB,40), Myndi Quirion (AB,35) Donna Dixon (AB,52), Bobbi Jo Waite Lang (AB,44)	18/01/15	Calgary, AB
W40	10:15.98	Donna Dixon (AB,40), Barb Richardson (AB,40) Sandra Yaworski (AB,41), Janice McCaffrey (AB,43)	18/01/03	Edmonton, AB
W50	10:32.66	Donna Dixon (AB,50), Karen Gold (ON,50) Laurie Meloche (SK,51), Patty Blanchard (NB,55)	16/03/13	Toronto, ON

**WR**      **World Record**