

# CANADIAN RELAY RECORDS

Updated Mar 22, 2023

2023 Records in **BOLD** (4 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	54.2	Rhona Trott (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
W75	1:19.88	Cherry Graf (BC,75), Christa Bortignon (BC,84) Marg Radcliffe (BC,79), Avril Douglas (BC,75)	21-08-21	Surrey, BC
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	Mame 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	8:38.7	Ryan O'Hagan (ON, 39), David Keeley (ON, 39), Scott Emberley (ON, 35), Brandon Laan (ON, 38)	25-09-22	Arva, 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	
M60	10:37.46	Paul Reimer (BC,66), Doug Henderson (BC,64), Brent Scott (BC,65), David Guss (BC,60)		21-08-21	Surrey, BC	
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	
M75	12:27.30	Barrie Dargie (BC,77), Mark Stewart (BC,77), Pat Harton (BC,79), Piara Bhullar (BC,75)		08-08-21	Surrey, BC	
M75	12:27.64	Mark Stewart (BC,78), Terry Riggins (BC,75), Pawluk (BC,75) Pat Harton (BC,80)	Fred	28-08-22	Surrey, BC	WR
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	WR
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	11:55.73	Juliette Christie (BC,60), Patti Rogers (BC,62), Dixon (AB,60), Janette Wood (BC,62)	Donna	28-08-22	Surrey, BC	
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 (QC,50), 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 Bezdan (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	2:49.26	Christa Bortignon (BC,85), Deborah Lee (BC,71) Deanna Clark (BC,74), Avril Douglas (BC,75)	27-02-22	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

<b>M35</b>	<b>3:47.86</b>	<b>Eric Klein (ON,37), Chris Costa (ON,43), Ian Aseltine (ON, 42), Andrew Galloway (ON, 38)</b>	<b>25-02-23</b>	<b>Toronto, ON</b>
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	5:24.52	Mark Stewart (BC,77), Tom Ukonmaanaho (BC,77), Barry Dargie (BC,77), Piara Bhullar (BC,75)	26-02-22	Kamloops, BC	WR
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	WR
W35	4:34.74	Jodi Rice (ON,46), Louise Bonneau (QC,46), Tanya Sakharov (ON,35), Nancy Catton (ON,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 Giени (SK,61), Donna Dixon (AB,57)	01-03-20	Edmonton, AB	WR
<b>W60</b>	<b>5:40.65</b>	<b>Rita Botelho (ON, 62), Donna Dixon (AB, 60), Jennifer MacDonell (ON, 66), Makie Ohler (ON, 60)</b>	<b>25-02-23</b>	<b>Toronto, ON</b>	

#### 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	
<b>M40</b>	<b>8:44.69</b>	<b>Trevor Jacek (SK, 41), Joshua Sanders (ON, 40), John Coffin, (MB, 41), Ian Aseltine (ON, 42)</b>	<b>26-02-23</b>	<b>Toronto, ON</b>	
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	
<b>M55</b>	<b>9:50.22</b>	<b>Greg Athayde (MB, 61), Mark Pinckard (BC, 62) Harvey Weber (SK, 57), Syl Lemelin (AB, 55)</b>	<b>26-02-23</b>	<b>Toronto, ON</b>	
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), Vem Christensen (ON,73), Jack Geddes (ON,76), David Woodhall (ON,71)	15-03-14	Toronto, ON	
M75	13:07.96	Barrie Dargie (BC,77), Tom Ukonmaanaho (BC,77) Pat Harton (BC,80), Mark Stewart (BC,77)	25-02-22	Kamloops, BC	WR
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	
W55	13:55.46	Julie Valente (BC,55), Sharon Hann (BC,61) Deanna Clark (BC,74), Carol Montgomery (BC,56)	25-02-22	Kamloops, BC	

**WR World Record**

<b>Venue</b>	<b>Race</b>	<b>Age</b>	<b>Time</b>
Outdoors	4x100M	M35	43.99
Outdoors	4x100M	M40	44.76
Outdoors	4x100M	M45	45.06
Outdoors	4x100M	M50	46.67
Outdoors	4x100M	M55	50.49
Outdoors	4x100M	M60	51.15
Outdoors	4x100M	M65	54.17
Outdoors	4x100M	M70	58.33
Outdoors	4x100M	M75	1:03.17
Outdoors	4x100M	M80	1:10.57
Outdoors	4x100M	M85	1:42.81
Outdoors	4x100M	W35	50.41
Outdoors	4x100M	W40	50.84
Outdoors	4x100M	W45	54.2
Outdoors	4x100M	W50	54.31
Outdoors	4x100M	W55	57.38
Outdoors	4x100M	W60	57.94
Outdoors	4x100M	W65	1:06.51
Outdoors	4x100M	W70	1:12.01
Outdoors	4x100M	W75	1:19.88
Outdoors	4x100M	W80	1:49.15
Outdoors	4x400M	M35	3:28.26
Outdoors	4x400M	M40	3:25.39
Outdoors	4x400M	M45	3:33.95
Outdoors	4x400M	M50	3:44.79
Outdoors	4x400M	M55	3:57.61
Outdoors	4x400M	M60	4:07.74
Outdoors	4x400M	M65	4:37.32
Outdoors	4x400M	M70	4:53.44
Outdoors	4x400M	M75	5:14.61
Outdoors	4x400M	M80	6:25.06
Outdoors	4x400M	W35	4:22.17
Outdoors	4x400M	W40	4:09.22
Outdoors	4x400M	W45	4:28.95
Outdoors	4x400M	W50	4:24.09
Outdoors	4x400M	W55	5:08.78
Outdoors	4x400M	W60	5:19.48
Outdoors	4x400M	W65	5:59.02
Outdoors	4x400M	W70	6:12.25
Outdoors	4x800M	M35	8:59.99
Outdoors	4x800M	M40	9:00.68
Outdoors	4x800M	M45	9:24.04
Outdoors	4x800M	M50	8:36.39
Outdoors	4x800M	M55	9:54.27
Outdoors	4x800M	M60	10:37.46
Outdoors	4x800M	M65	12:08.60
Outdoors	4x800M	M70	12:25.28
Outdoors	4x800M	M75	12:27.30
Outdoors	4x800M	M75	12:27.64
Outdoors	4x800M	M80	14:24.03
Outdoors	4x800M	W35	10:23.32

Outdoors	4x800M	W40	9:16.91
Outdoors	4x800M	W45	10:57.41
Outdoors	4x800M	W50	10:39.30
Outdoors	4x800M	W55	11:27.45
Outdoors	4x800M	W60	11:55.73
Outdoors	4x800M	W65	13:47.79
Outdoors	4x800M	W70	15:41.25
Indoors	4x200M	M35	1:38.97
Indoors	4x200M	M40	1:38.31
Indoors	4x200M	M45	1:37.26
Indoors	4x200M	M50	1:37.72
Indoors	4x200M	M55	1:54.39
Indoors	4x200M	M60	1:53.37
Indoors	4x200M	M65	1:58.03
Indoors	4x200M	M70	2:08.88
Indoors	4x200M	M75	2:19.66
Indoors	4x200M	M80	2:33.41
Indoors	4x200M	W35	1:57.99
Indoors	4x200M	W40	1:57.55
Indoors	4x200M	W45	2:01.41
Indoors	4x200M	W50	1:58.88
Indoors	4x200M	W55	2:03.37
Indoors	4x200M	W60	2:16.23
Indoors	4x200M	W65	2:45.37
Indoors	4x200M	<b>W70</b>	<b>2:49.26</b>
Indoors	4x200M	W75	3:28.53
Indoors	4x200M	W80	4:15.33
<b>Indoors</b>	<b>4x400M</b>	<b>M35</b>	<b>3:47.86</b>
Indoors	4x400M	M35	4:12.48
Indoors	4x400M	M40	3:39.22
Indoors	4x400M	M45	3:49.86
Indoors	4x400M	M50	3:50.24
Indoors	4x400M	M55	4:05.85
Indoors	4x400M	M60	4:13.30
Indoors	4x400M	M65	4:46.66
Indoors	4x400M	M70	5:12.10
Indoors	4x400M	M75	5:24.52
Indoors	4x400M	M80	6:06.23
Indoors	4x400M	W35	4:34.74
Indoors	4x400M	W40	4:27.25
Indoors	4x400M	W45	4:48.34
Indoors	4x400M	W50	4:55.91
Indoors	4x400M	W55	5:32.74
<b>Indoors</b>	<b>4x400M</b>	<b>W60</b>	<b>5:40.65</b>
Indoors	4x400M	W60	6:45.54
Indoors	4x800M	M35	8:42.48
<b>Indoors</b>	<b>4x800M</b>	<b>M40</b>	<b>8:44.69</b>
Indoors	4x800M	M40	8:45.59
Indoors	4x800M	M45	9:37.21
Indoors	4x800M	M50	8:34.76
<b>Indoors</b>	<b>4x800M</b>	<b>M55</b>	<b>9:50.22</b>
Indoors	4x800M	M55	12:22.78

Indoors	4x800M	M60	10:32.83
Indoors	4x800M	M65	12:04.68
Indoors	4x800M	M70	12:38.26
Indoors	4x800M	<b>M75</b>	<b>13:07.96</b>
Indoors	4x800M	M75	13:36.99
Indoors	4x800M	W35	11:13.10
Indoors	4x800M	W40	10:15.98
Indoors	4x800M	W50	10:32.66
Indoors	4x800M	<b>W55</b>	<b>13:55.46</b>
Outdoors	4x800M	M35	8:38.7



## Competitors

Andre Mitchell (ON,41), Justin Sinclair (AB,40) Luke Wang (BC,46), Jackson Hinton (AB,37)  
George Kenins (ON,43), Harold Morioka (BC,52) Tom Dickson (BC,42), Bob Zimmerman (ON,48)  
Tom Dickson (BC,46), Harold Morioka (BC,56) Kostie Killas (BC,45), Kerry Smith (ON,45)  
Chris Warburton (ON,53), Christian Lemassif (ON,51) Serge Faucher (ON,54), Michael Sherar (ON,54)  
Herb Gee (BC,61), Tony Badowski (BC,59) Lee Southern (BC,58), Harold Morioka (BC,59)  
Mike Morris (ON,62), Harold Morioka (BC,60) Alan Slater (ON,61), Tony Badowski (BC,60)  
Tony Badowski (BC,67), Lee Southern (BC,65), Harold Morioka (BC,67), Tuomas Ukonmaanaho (BC,65)  
Tony Blenman (BC,71), Francisco Machado (BC,71) Harold Morioka (BC,74), Sewa Birring (BC, 71)  
Dave Munro (76,BC), Harold Morioka (75,BC) Surinder Shah (75,BC), David McGraw (75,BC)  
Ray Wardle (ON,80), Arnold Nett (AB,80) Bill Thompson (ON,83), Ted Rowan (SK,80)  
Ron Huckerby (BC,88), Scot Henney (BC,92) Issac Thiessen (BC,88), Joe Giegerich (BC,85)  
Alessia Berti (AB,35), Khama Beckles (ON,43) Natacha Dupuis (ON,39), Melinda Hidi (NS,40)  
Karla Del Grande (ON,51), Patti Rogers (BC,44) Megan Delmonico (BC,43), Noella Lee Pong (AB,43)  
RhonaTrott (ON,52), Mame McMillan (BC,49) Maureen de St. Croix (BC,48), Betsy Lord (BC,45)  
Wendy Alexis (ON,53), Karla Del Grande (ON,55) Susanne Lauridsen (AB,50), Evelyn Burnett (AB,50)  
Rhona Trott (ON,62), Wendy Alexis (ON,56) Jo Welch (NS,55), Karla Del Grande (ON,58)  
Elaine Whidden (BC,62), Wendy Alexis (ON,62), Carol LaFayette-Boyd (SK,75), Karla Del Grande (ON,64)  
Deborah Lee (BC, 68), Urith Hayley (BC, 67), Marie Johnson (BC, 65), Karen Shook (BC, 67)  
Diane Palmason (BC,72), Gerda Crosthwaite (BC,71), Louise Reed (BC,75), Christa Bortignon (BC,73)  
Cherry Graf (BC,75), Christa Bortignon (BC,84) Marg Radcliffe (BC,79), Avril Douglas (BC,75)  
Hildegard Buschhaus (BC,80), Olga Kotelko (BC,89) Doreen McLeod-Smith (BC,83), Leona Smith (BC,80)  
Andre Mitchell (ON,36), Peter Lawson (NS,44) Nigel John (ON,41), Joe Boland (ON,35)  
Chris Lemassif (ON,42), Peter Lawson (NS,40) Paul Osland (ON,45), Mike Sherar (ON,45)  
Chris Lemassif (ON,47), Peter Lawson (NS,45) Paul Osland (ON,50), Michael Sherar (ON,50)  
Marcus Skeete (ON,50), Serge Faucher (ON,54) Paul Osland (ON,54), Michael Sherar (ON,54)  
Tony Badowski (BC,57), Bill McIlwaine (ON,61) Jake Madderom (BC,55), Harold Morioka (BC,57)  
Tony Badowski (BC,60), Earl Fee (ON,74) Bruce Mitchell (ON,60), Harold Morioka (BC,60)  
Francisco Machado (BC,71), Hardev Sandhu (BC,68) Barry Sparkes (BC,66), Reidar Zapf-Gilje (BC,65)  
Tom Ukonmaanaho (BC,71), Sewa Birring (BC,70) Jess Brewer (BC,70), Mark Stewart (BC,72)  
Roger Davies (AB,76), Ray Wardle (ON,78) Earl Fee (ON,82), Ed Whitlock (ON,80)  
Ray Wardle (ON,80), Arnold Nett (AB,80) Bill Thompson (ON,83), Gerald Graham (AB,80)  
Gwen Ridout (AB,41), Maxine Wilkes (AB,36) Charlene Dunn (AB,39), Lindsay Clapperton (AB,38)  
Avril Douglas (BC,43), Judy Warwick (SK,40) Catherine Roberts (AB,42), Liz McBlain (AB,41)  
Kate Cochrane-Brink (ON,46), Donna Dixon (AB,51) Annie Bunting (ON,49), Nancy Catton (ON,46)  
Marne McMillan (BC,51), Karla Del Grande (ON,50) Rhona Trott (ON,54), Maureen de St. Croix (BC,50)  
Cindy O'Brien Hugh (BC,59), Elaine Whidden (BC,62) Valerie Scott (BC,62), Janette Wood (BC,57)  
Coleen Ross (BC,64), Marie Johnson (BC,63) Valerie Scott (BC,61), Elaine Whidden (BC,61)  
Marg Radcliffe (BC,65), Mary McCarron-Egner (SK,70) Alice Cole (QC,74), Carol LaFayette-Boyd (SK,65)  
Mary McCarron-Egner (SK,71), Helly Visser (AB,74) Louise Reed (BC,73), Diane Palmason (BC,70)  
Richard McClelland (ON,41), Andrew Jones (ON,46) Sean Cross (ON,41), Scott Lalande (ON,38)  
Michael Sherar (ON,53), Paul Osland (ON,53) Bill Wells (ON,42), Jay Brecher (ON,43)  
Lloyd Guss (CAN,55), David Guss (AB,53) Chris Guss (AB,49), Tim Guss (AB,49)  
Andrew Tuovinen (BC,51), Serge Faucher (ON,50) Paul Osland (ON,50), Michael Sherar (ON,50)  
Keith Wakelin (BC,57), Lyndon Smith (SK,55) David Guss (AB,55), Mark Pinckard (BC,56)  
Paul Reimer (BC,66), Doug Henderson (BC,64) Brent Scott (BC,65), David Guss (BC,60)  
John De Finney (ON,65), Tim Payne (ON,65), Duncan Greenshields (ON,66), Ken Hamilton (ON,65)  
Doug Renwick (SK,71), Roger Davies (AB,78) Vern Christensen (ON,72), Chris Mackie (ON,72)  
Barrie Dargie (BC,77), Mark Stewart (BC,77) Pat Harton (BC,79), Piara Bhullar (BC,75)  
Mark Stewart (BC,78), Terry Riggins (BC,75), Fred Pawluk (BC, 75) Pat Harton (BC,80)  
Ray Wardle (ON,80), Bill Thompson (ON,83) Ed Whitlock (ON,82), Earl Fee (ON,84)  
Michelle Clarke (ON,42), Donna Dixon (AB,53) Amy Ballon (ON,45), Julie Lajeunesse (QC,35)

Shari Boyle (AB,43), Courtney Babcock (ON,44) Diane Cummins (BC,42), Larissa MacMillan (AB,40)  
Jennifer Rout (ON,48), Heather O'Hagan (ON,51) Ginette Jones (ON,47), Kathryn Sullivan (ON,47)  
Heather O'Hagan (ON,51), Karen Gold (ON,50) Laurie Meloche (SK,52), Donna Dixon (AB,50)  
Donna Dixon (AB,56), Margot Glover (AB,55) Kendra Laycock (AB,55), Janice Patterson (AB,55)  
Juliette Christie (BC,60), Patti Rogers (BC,62), Donna Dixon (AB,60), Janette Wood (BC, 62)  
Linda Jones (ON,67), Diane Marrow (ON, 65) Geordie Farrell (ON,65), Linda Findley (ON, 68)  
Carol LaFayette-Boyd (SK,71), Lenore Montgomery (BC,83), Alice Cole (QC,80), Helly Visser (AB,79)  
William Harrower (BC,38), Peter Lawson (NS,41) Chris Jones (AB,36), Sam Walker (BC,38)  
Zaven Tavitian (QC,45), Chris Lemassif (ON,45 ) Yannick Le Mouel (QC,44), Jerry Kangni (QC,43 )  
Chris Warburton (ON,48), Peter Lawson (NS,45) Marcus Skeete (ON,46), Chris Lemassif (ON,47)  
Chris Lemassif (ON,50), Zaven Tavitian (QC50) Serge Faucher (ON,52), Mike Sherar (ON,53)  
Jorge Woods (BC,59), Brent Davy (BC,62) Steve Law (BC,56), David Wall (BC,62)  
Bruno Gartner (BC,60), Roy Turkington (BC,61) Ken Crockett (BC,60), Al Percival (BC,61)  
Tom Ukonmaanaho (BC,68), John Winfield (BC,66) Harold Morioka (BC,70), Sewa Biring (BC,67)  
Mark Stewart (BC,72), John Winfield (BC,70), Francisco Machado (BC,71), Tom Ukonmaanaho (BC,72)  
Tom Ukonmaanaho (BC,75), Arthur Gee (BC,76) Surinder Shah (BC,76), Mark Stewart (BC,75)  
Ed Whitlock (ON,82), Bill Thompson (ON,83) Ray Wardle (ON,80), Earl Fee (ON,83)  
Debbie King (ON,44), Lorena Reyes (ON,36) Kem McLean (ON,39), Sheree Mullings (ON,38)  
Nicola Everton (BC,44), Jeanie Bezdan (BC,45) Anne Bunting (ON,45), Renee Belanger (BC,47)  
Karla Del Grande (ON,63), Wendy Alexis (ON,61) Louise Bonneau (QC,47), Jodi Rice (ON,47)  
Wendy Alexis (ON,54), Rhonda Tremblay (SK,50) Jovette Jolicoeur (AB,50), Karla Del Grande (ON,56)  
Carol LaFayette-Boyd (SK,71), Susanne Lauridsen (AB,56), Wendy Alexis (ON,59), Karla Del Grande (ON,60)  
Rhona Trott (ON,61), Catherine Roberts (AB,63) Michelle Hankey (BC,61), Carol LaFayette-Boyd (SK,67)  
Deborah Lee (BC,68), Karen Shook (BC,68) Sheila Allison (BC,73), Urith Hayley (BC,68)  
**Christa Bortignon (BC,85), Deborah Lee (BC,71) Deanna Clark (BC,74), Avril Douglas (BC,75)**  
Klazina Noort (BC,79), Lenore Montgomery (BC,81) Ruth Carrier (BC,81), Christa Bortignon (BC,75)  
Louise Sorensen (BC,81), Hildegard Buschhaus (BC,81) Olga Kotelko (BC,91), Leona Smith (BC,82)  
**Eric Klein (ON,37), Chris Costa (ON,43), Ian Aseltine (ON, 42), Andrew Galloway (ON, 38)**  
Will Harrower (BC,39), Len Van Ryswyk (BC,47) Charles Oamen (BC,36), Sam Walker (BC,39)  
Malik Crepsac (ON,40), Eddy Renelique (ON,43) Michael Sherar (ON,43), Paul Osland (ON,43)  
Ken Kudo (ON,46), Paul Osland (ON,45), Eddy Renelique (ON,45), Mike Sherar (ON,45)  
Serge Faucher (ON,53), Jim Dyck (ON,52) Claude Faucher (ON,50), Paul Osland (ON,54)  
Serge Faucher (ON,55), Simon Rayner (ON,56) Jose Fuentes (ON,55), Paul Osland (ON,56)  
Tony Badowski (BC,65), John Winfield (BC,61) Sewa Biring (BC,62), Harold Morioka (BC,65)  
Hardev Sandhu (BC,65), Fred Pawluk (BC,66) Harold Morioka (BC,71), Sewa Biring (BC,68)  
Surinder Shah (BC,71), Bill McNamara (BC,73) Tom Ukonmaanaho (BC,70), Mark Stewart (BC,70)  
Mark Stewart (BC,77), Tom Ukonmaanaho (BC,77) Barry Dargie (BC,77), Piara Bhullar (BC,75)  
Ray Wardle (ON,80), Bill Thompson (ON,83) Ed Whitlock (ON,82), Earl Fee (ON,83)  
Jodi Rice (ON,46), Louise Bonneau (QC,46) Tanya Sakharov (ON,35), Nancy Catton (ON,48)  
Gwen Bailey-Mason (ON,40), Lynda de Boer (ON,47) Christine Lavalee (ON,50), Karla Del Grande (ON,53)  
Karla Del Grande (ON,60), Kate Cochrane-Brink (ON,46) Gwen Bailey-Mason (ON,47), Annie Bunting (ON,49)  
Laurie Meloche (SK,51), Heather O'Hagan (ON,51) Donna Dixon (AB,50), Karen Gold (ON,50)  
Lynda Turner (AB,55), Margot Glover (AB,55) Muriel Gieni (SK,61), Donna Dixon (AB,57)  
**Rita Botelho (ON, 62), Donna Dixon (AB, 60), Jennifer MacDonell (ON, 66), Makie Ohler (ON, 60)**  
Wendy Fraser (ON,62), Wilma Koopman (ON,62) Patricia Boost (ON,65), Linda Jones (ON,66)  
Paul Osland (ON,50), Jay Brecher (ON,40) Michal Kapral (ON,41), Joey Boland (ON,35)  
**Trevor Jacek (SK, 41), Joshua Sanders (ON, 40), John Coffin, (MB, 41), Ian Aseltine (ON, 42)**  
Bill Wells (ON,41), Jay Brecher (ON, 42) Michal Kapral (ON,43), Simon Rayner (ON,52)  
Lloyd Guss (CAN,55), David Guss (AB,53) Chris Guss (AB,49), Tim Guss (AB,49)  
Jim Dyck (ON,52), Simon Rayner (ON,53) Michael Sherar (ON,54), Paul Osland (ON,54)  
**Greg Athayde (MB, 61), Mark Pinckard (BC, 62) Harvey Weber (SK, 57), Syl Lemelin (AB, 55)**  
Wayne Chee (ON,58), Doug Smith (ON,61), Charley Moses (ON,57), Duncan Greenshields (ON,64)

Ted Paget (ON,62), John DeFinney (ON,64) John Giffen (ON,62), Ken Hamilton (ON,64)  
Duncan Greenshields (ON,67), Ken Hamilton (ON,66) Chris Mackie (ON,75), Richard Bailey (ON,67)  
Chris Mackie (ON,73), Vern Christensen (ON,73) Jack Geddes (ON,76), David Woodhall (ON,71)  
**Barrie Dargie (BC,77), Tom Ukonmaanaho (BC,77) Pat Harton (BC,80), Mark Stewart (BC,77)**  
Doug Renwick (SK,75), Robert Moore (ON,76) Vern Christensen (ON,76), Chris Mackie (ON,76)  
Deb Buhlers (AB,40), Myndi Quirion (AB,35), Donna Dixon (AB,52), Bobbi Jo Waite Lang (AB,44)  
Donna Dixon (AB,40), Barb Richardson (AB,40) Sandra Yaworski (AB,41), Janice McCaffrey (AB,43)  
Donna Dixon (AB,50), Karen Gold (ON,50) Laurie Meloche (SK,51), Patty Blanchard (NB,55)  
**Julie Valente (BC,55), Sharon Hann (BC,61) Deanna Clark (BC,74), Carol Montgomery (BC,56)**  
Ryan O'Hagan (ON, 39), David Keeley (ON, 39), Scott Emberley (ON, 35), Brandon Laan (ON, 38)

<b>Date</b>	<b>City</b>	<b>WR</b>	<b>Status</b>
16-09-18	Malaga, SPN		Current Record
23-07-95	Buffalo, NY		Current Record
08-08-99	Gateshead, GBR		Current Record
16-09-18	Malaga, SPN		Current Record
16-06-02	Langley, BC		Current Record
13-07-03	Carolina, PUR		Current Record
20-06-10	Langley, BC		Current Record
15-09-17	Vernon, BC		Current Record
04-08-18	Surrey, BC		Current Record
27-07-13	Regina, SK		Current Record
15-09-17	Vernon, BC		Current Record
16-09-18	Malaga, SPN		Current Record
17-07-04	Calgary, AB		Current Record
14.07/01	Brisbane, AUS		Current Record
02-08-08	Regina, SK		Current Record
17-06-11	Toronto, ON		Current Record
12-08-17	Toronto, ON		Current Record
03-08-18	Surrey, BC		Current Record
16-09-10	Courtenay, BC		Current Record
21-08-21	Surrey, BC		Current Record
13-10-08	Prince George, BC		Current Record
27-10-13	Porto Alegre, BRA		Current Record
08-08-09	Lahti, FIN		Current Record
13-07-14	Toronto, ON		Current Record
16-09-18	Malaga, SPN		Current Record
20-08-00	Kamloops, BC		Current Record
13-07-03	Carolina, PUR		Current Record
16-09-17	Vernon, BC		Current Record
30-08-16	Vancouver, BC		Current Record
17-07-11	Sacramento, CA		Current Record
28-07-13	Regina, SK		Current Record
18-07-04	Calgary, AB		Current Record
06-08-89	Eugene, OR		Current Record
13-07-14	Toronto, ON		Current Record
13-07-03	Carolina, PUR		Current Record
16-09-17	Vernon, BC		Current Record
30-08-16	Vancouver, BC		Current Record
15-09-07	Riccione, ITA		Current Record
09-10-08	Calgary, AB		Current Record
06-07-11	London, ON		Old Record
12-08-17	Toronto, ON		Current Record
25-05-14	Calgary, AB		Current Record
12-07-14	Toronto, ON		Current Record
29-08-16	Vancouver, BC		Current Record
21-08-21	Surrey, BC		Current Record
27-06-15	Toronto, ON		Current Record
27-07-13	Regina, SK		Current Record
08-08-21	Surrey, BC		Current Record
28-08-22	Surrey, BC	<b>WR</b>	
06-07-13	Toronto, ON		Current Record
14-08-16	Toronto, ON		Current Record

29-08-16	Vancouver, BC	<b>WR</b>	Current Record
06-07-13	Toronto, ON		Current Record
27-07-13	Regina, SK		Current Record
01-08-19	Calgary, AB		Current Record
28-08-22	Surrey, BC		Current Record
13-06-16	London, ON		Current Record
27-07-13	Regina, SK		Current Record
06-03-10	Kamloops, BC		Current Record
10-03-12	Toronto, ON		Current Record
30-03-14	Budapest, HUN		Current Record
25-03-17	Daegu, KOR		Current Record
11-03-18	Kamloops, BC		Current Record
03-04-13	Kamloops, BC		Current Record
03-04-13	Kamloops, BC		Current Record
02-04-17	Kamloops, BC		Current Record
01-03-20	Kamloops, BC		Current Record
16-03-13	Toronto, ON		Current Record
08-03-20	Toronto, ON		Current Record
06-03-10	Kamloops, BC		Current Record
12-03-17	Toronto, ON		Current Record
06-03-10	Kamloops, BC		Current Record
30-03-14	Budapest, HUN		Current Record
06-03-10	Kamloops, BC		Current Record
31-03-19	Kamloops, BC		Current Record
<b>27-02-22</b>	<b>Kamloops, BC</b>		Current Record
18-02-12	Kamloops, BC		Current Record
06-03-10	Kamloops, BC		Current Record
<b>25-02-23</b>	<b>Toronto, ON</b>		<b>Current Record</b>
20-03-11	Kamloops, BC		Old Record
04-02-07	Toronto, ON		Current Record
25-01-09	Toronto, ON		Current Record
10-03-18	Toronto, ON		Current Record
08-03-20	Toronto, ON	<b>WR</b>	Current Record
11-03-08	Kamloops, BC		Current Record
15-02-14	Kamloops, BC		Current Record
14-02-15	Kamloops, BC		Current Record
26-02-22	Kamloops, BC	<b>WR p</b>	Current Record
17-03-13	Toronto, ON	<b>WR</b>	Current Record
20-03-16	Toronto, ON		Current Record
04-02-07	Toronto, ON		Current Record
16-03-14	Toronto, ON		Current Record
17-03-13	Toronto, ON		Current Record
01-03-20	Edmonton, AB	<b>WR</b>	Current Record
<b>25-02-23</b>	<b>Toronto, ON</b>		<b>Current Record</b>
16-01-16	London, ON		Old Record
15-03-14	Toronto, ON		Current Record
<b>26-02-23</b>	<b>Toronto, ON</b>		<b>Current Record</b>
28-02-16	Toronto, ON		Old Record
26-04-14	Calgary, AB		Current Record
25-02-18	Toronto, ON		Current Record
<b>26-02-23</b>	<b>Toronto, ON</b>		<b>Current Record</b>
16-03-13	Toronto, ON		Old Record

23-03-14	Toronto, ON		Current Record
21-02-16	Toronto, ON		Current Record
15-03-14	Toronto, ON		Current Record
<b>25-02-22</b>	<b>Kamloops, BC</b>	<b>WR p</b>	Current Record
12-03-17	Toronto, ON		Current Record
18-01-15	Calgary, AB		Current Record
18-01-03	Edmonton, AB		Current Record
16-03-13	Toronto, ON		Current Record
<b>25-02-22</b>	<b>Kamloops, BC</b>		Current Record
25-09-22	Arva, ON		Current Record