

CANADIAN RELAY RECORDS

Updated Aug 23, 2023

2023 Records in **BOLD** (6 Indoors); (1 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	9:16.90	Mark Pinckard (BC, 63), Chris Deighan (ON, 63), David Guss (BC 62), Greg Athayde (MB, 62)	12-08-23	Langley, BC	WR
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), Fred Pawluk (BC, 75) Pat Harton (BC,80)	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), Donna Dixon (AB,60), Janette Wood (BC, 62)	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 (QC50), Serge Faucher (ON,52), Mike Sherar (ON,53)	25-03-17	Daegu, KOR	
M55	1:40.74	Christopher Warburton (57), Chris Lemassif (56), Marcus Skeete (55), Yannick Le Mouel (55)	01-04-23	Torun, POL	
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	1:55.47	Martine Cloutier-Leblanc (40), Alessia Berti (40), Debbie Zinman (50), Laura Sivers (40)	01-04-23	Torun, POL
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

M35	3:47.86	Eric Klein (ON,37), Chris Costa (ON,43), Ian Aseltine (ON, 42), Andrew Galloway (ON, 38)	25-02-23	Toronto, ON
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 WR
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
W60	5:40.65	Rita Botelho (ON, 62), Donna Dixon (AB, 60), Jennifer MacDonell (ON, 66), Makie Ohler (ON, 60)	25-02-23	Toronto, 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	8:44.69	Trevor Jacek (SK, 41), Joshua Sanders (ON, 40), John Coffin, (MB, 41), Ian Aseltine (ON, 42)	26-02-23	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	9:50.22	Greg Athayde (MB, 61), Mark Pinckard (BC, 62) Harvey Weber (SK, 57), Syl Lemelin (AB, 55)	26-02-23	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), 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**