

# NEW MASTERS OUTDOOR T & F RECORDS

23 CR + 1 tied, 6 WR

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE	
<b>100M</b>						
M70	13.14 1.2	Tom Dickson	70	12/08/23	Langley, BC	CR
<b>10000M</b>						
W65	43:33.15	Elizabeth Waywell	65	11/08/23	Langley, BC	CR
<b>2000M STEEPLECHASE</b>						
M70	8:54.20	Reidar Zapf-Gilje	71	12/08/23	Langley, BC	CR
M80	13:19.71	Vern Christensen	82	12/08/23	Langley, BC	CR
M85	26:14.67	Hylke Van Der Wal	85	12/08/23	Langley, BC	new CR
<b>4 x 800M RELAY</b>						
M60	9:16.90	Mark Pinckard (BC,63), Chris Deighan (ON,63), David Guss (BC,62), Greg Athayde (MN,62)			12/08/23 Langley,	CR, WR
<b>LONG JUMP</b>						
W85	3.08 -0.3	Christa Bortignon	86	12/08/23	Langley, BC	CR, WR
<b>TRIPLE JUMP</b>						
W65	8.87 1.3	Muriel Gieni	65	13/08/23	Langley, BC	tie CR
<b>POLE VAULT</b>						
M85	1.70	Larry Fiege	86	13/08/23	Langley, BC	CR
W55	2.50	Nancy Craig	57	13/08/23	Langley, BC	CR
<b>SHOT PUT</b>						
W90	6.58	Myrtle Acton	90	11/08/23	Langley, BC	CR, WR
<b>DISCUS</b>						
W80	23.20	Yuko Nakano	80	12/08/23	Langley, BC	CR
W90	15.28	Myrtle Acton	90	12/08/23	Langley, BC	CR WR
M70	42.88	Longin Szafranski	71	12/08/23	Langley, BC	CR
<b>JAVELIN</b>						
M55	57.93	Graham Morfitt	56	13/08/23	Langley, BC	CR
<b>HAMMER THROW</b>						
W45	41.42	Nicole Carlos	49	11/08/23	Langley, BC	CR
W90	20.47	Myrtle Acton	90	11/08/23	Langley, BC	CR WR
M75	43.46	Boris Zaitchouk	75	11/08/23	Langley, BC	CR
<b>WEIGHT THROW</b>						
M55	18.46	Dan Parsons	55	13/08/23	Langley, BC	CR
W45	12.64	Andrea Diener	48	13/08/23	Langley, BC	CR
<b>THROWS PENTATHLON</b>						
W90	3975	Myrtle Acton (20.47/858, 6.58/917, 15.21/839, 11.59/642, 6.95/719)			11/08/23 Langley, BC	CR,WR
<b>PENTATHLON</b>						
W65	3990	Muriel Gieni (14.63, -2.5/1023, 1.31/978, 9.07/763, 4.04,+1.6/834, 3:51.55/392)			11/08/23 Langley, BC	CR
<b>1500M RACE WALK</b>						
W65	8:22.49	Johanna Flipsen	68	12/08/23	Langley, BC	CR
W85	12:56.16	Renate Cheetham	85	12/08/23	Langley, BC	CR