

# CANADIAN RELAY RECORDS

Updated Nov 21, 2023

2023 Records in **BOLD** (6 Indoors); (2 Outdoors)

## 4 x 100 METRES

|     |         |  |          |                   |
|-----|---------|--|----------|-------------------|
| M35 | 43.99   | Andre Mitchell (ON,41), Justin Sinclair (AB,40)<br>Luke Wang (BC,46), Jackson Hinton (AB,37)           | 16-09-18 | Malaga, SPN       |
| M40 | 44.76   | George Kenins (ON,43), Harold Morioka (BC,52)<br>Tom Dickson (BC,42), Bob Zimmerman (ON,48)            | 23-07-95 | Buffalo, NY       |
| M45 | 45.06   | Tom Dickson (BC,46), Harold Morioka (BC,56)<br>Kostie Killas (BC,45), Kerry Smith (ON,45)              | 08-08-99 | Gateshead, GBR    |
| M50 | 46.67   | Chris Warburton (ON,53), Christian Lemassif (ON,51)<br>Serge Faucher (ON,54), Michael Sherar (ON,54)   | 16-09-18 | Malaga, SPN       |
| M55 | 50.49   | Herb Gee (BC,61), Tony Badowski (BC,59),<br>Lee Southern (BC,58), Harold Morioka (BC,59)               | 16-06-02 | Langley, BC       |
| M60 | 51.15   | Mike Morris (ON,62), Harold Morioka (BC,60),<br>Alan Slater (ON,61), Tony Badowski (BC,60)             | 13-07-03 | Carolina, PUR     |
| M65 | 54.17   | Tony Badowski (BC,67), Lee Southern (BC,65)<br>Harold Morioka (BC,67), Tuomas Ukonmaanaho (BC,65)      | 20-06-10 | Langley, BC       |
| M70 | 58.33   | Tony Blenman (BC,71), Francisco Machado (BC,71)<br>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)<br>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),<br>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)<br>Issac Thiessen (BC,88), Joe Giegerich (BC,85)             | 15-09-17 | Vernon, BC        |
| W35 | 50.41   | Alessia Berti (AB,35), Khama Beckles (ON,43),<br>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),<br>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),<br>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)<br>Susanne Lauridsen (AB,50), Evelyn Burnett (AB,50)    | 02-08-08 | Regina, SK        |
| W55 | 57.38   | Rhona Trott (ON,62), Wendy Alexis (ON,56),<br>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)<br>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),<br>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),<br>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)<br>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)<br>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) ,<br>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),<br>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),<br>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),<br>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),<br>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),<br>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)<br>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),<br>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),<br>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)<br>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),<br>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),<br>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)<br>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)<br>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)<br>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),<br>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)<br>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)<br>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),<br>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),<br>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),<br>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>9:16.90</b>  | <b>Mark Pinckard (BC, 63), Chris Deighan (ON, 63), David Guss (BC 62), Greg Athayde (MB, 62)</b>      | <b>12-08-23</b> | <b>Langley, BC</b> | <b>WR</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         |           |
| 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         | <b>WR</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> |
| <b>W45</b> | <b>10:52.37</b> | <b>Martha Sirdevan (BC,48), Christy Lovig (BC, 46) Cindy O'Krane (BC,60), Kerry MacKelvie (BC,49)</b> | <b>12-10-23</b> | <b>Kelowna, BC</b> |           |
| 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        |  |
| <b>M55</b> | <b>1:40.74</b> | <b>Christopher Warburton (57), Chris Lemassif (56), Marcus Skeete (55), Yannick Le Mouel (55)</b> | <b>01-04-23</b> | <b>Torun, POL</b> |  |
| 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       |
| <b>W40</b> | <b>1:55.47</b> | <b>Martine Cloutier-Leblanc (40), Alessia Berti (40), Debbie Zinman (50), Laura Sivers (40)</b>         | <b>01-04-23</b> | <b>Torun, POL</b> |
| 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),<br>Barry Dargie (BC,77), Piara Bhullar (BC,75)             | 26-02-22        | Kamloops, BC       | <b>WR</b> |
| M80        | 6:06.23        | Ray Wardle (ON,80), Bill Thompson (ON,83),<br>Ed Whitlock (ON,82), Earl Fee (ON,83)                       | 17-03-13        | Toronto, ON        | <b>WR</b> |
| W35        | 4:34.74        | Jodi Rice (ON,46), Louise Bonneau (QC,46),<br>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)<br>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)<br>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),<br>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),<br>Muriel Giени (SK,61), Donna Dixon (AB,57)                 | 01-03-20        | Edmonton, AB       | <b>WR</b> |
| <b>W60</b> | <b>5:40.65</b> | <b>Rita Botelho (ON, 62), Donna Dixon (AB, 60),<br/>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),<br>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),<br/>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),<br>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)<br>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)<br/>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),<br>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)<br>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),<br>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)<br>Pat Harton (BC,80), Mark Stewart (BC,77)              | 25-02-22        | Kamloops, BC       | <b>WR</b> |
| W35        | 11:13.10       | Deb Buhlers (AB,40), Myndi Quirion (AB,35)<br>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),<br>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),<br>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)<br>Deanna Clark (BC,74), Carol Montgomery (BC,56)            | 25-02-22        | Kamloops, BC       |           |

**WR**      **World Record**