

Harold Morioka



CMA President Paul Osland reads Harold's induction

In the 28 years that Harold Morioka has been a member of CMA he has set more than 100 individual Canadian Records, 22 of which still stand, including the M45 record of 50.60 that he ran for the 400m in 1989. Note that he holds all the 400m CRs from M45 to M60, indoors and out. He also holds multiple records for 100m, 200m, 800m and long hurdles outdoors, and for 60m, 200m, and 800m indoors. A number of these performances were World Records, Harold being the only athlete in the world to break WRs for all distances from 60m to 800m. Highlights of his career include breaking the 400m WR in Mayazaki in 1993, and then breaking two WRs, in the 200m and 400m, in the USATF Indoors in 2003. He first won WAVA golds in 1989, and continued to do so at all the other WAVA meets he attended: 1991, 1993, 1999 and 2003. For these achievements he has received numerous Sport BC and BCA Masters Athlete of the Year awards. When knee problems, plus open-heart surgery, interfered with training for the track, he turned to competing in field events, and to founding, and serving as Head Coach for, The Greyhounds, a masters athletics club in BC. At this very moment Harold is busy coaching, and throwing, at the BC Masters Championships. He was the BC Director for CMAA until 2011, and continues as CMA Relay Records Chair. For BCA he serves on the Masters committee, and is the chair for BC Masters records for all events.