

CANADIAN RELAY RECORDS

compiled by Harold Morioka - updated December 31, 2010

OUTDOORS

4 x 100 METRES

M35	44.89	Harold Morioka (45), Milton Britton () Bob Zimmerman (41), George Kenins (36)	28/08/88	Toronto, ON
M40	44.76	George Kenins (43), Harold Morioka (52) Tom Dickson (42), Bob Zimmerman (48)	23/07/95	Buffalo, NY
M45	45.06	Tom Dickson (46), Harold Morioka (56) Kostie Killas (45), Kerry Smith (45)	08/08/99	Gateshead, GBR
M50	49.49	Greg Marshall (53), Walter Linder (50) Richard Lech (53), Roy Chubb (51)	25/08/01	Toronto, ON
M55	50.49	Herb Gee (61), Tony Badowski (59) Lee Southern (58), Harold Morioka (59)	16/06/02	Langley, BC
M60	51.15	Mike Morris (62), Harold Morioka (60) Alan Slater (61), Tony Badowski (60)	13/07/03	Carolina, PUR
M65	54.17	Tony Badowski (67), Lee Southern (65) Harold Morioka (67), Tuomas Ukonmaanaho (65)	20/06/10	Langley, BC
M70	1:00.24	Gordon Johnson (70), Joe Giegerich (75) Norm Lesage (78), Les Friesen (71)	21/06/08	Surrey, BC
M75	1:03.73	Tom Callender (75), Bill Thompson (78) Joe Giegerich (75), Earl Fee (78)	15/09/07	Riccione, ITA
M80	1:14.61	Les Robson (83), Isaac Thiessen (81) Norm Lesage (80), Adrian Meeuwissen (80)	16/09/10	Courtenay, BC
W35	54.96	Megan Rankin (46), Zelda Webber (39) Georgina Titus (42), Kim Ross (46)	17/06/07	Langley, BC
W40	50.84	Karla Del Grande (51), Patti Rogers (44) Megan Delmonico (43), Noella Lee Pong (43)	17/07/04	Calgary, AB
W45	54.20	RhonaTrott (52), Marne McMillan (49) Maureen de St. Croix (48), Betsy Lord (45)	14.07/01	Brisbane, AUS
W50	54.31	Wendy Alexis (53), Karla Del Grande (55) Susanne Lauridsen (50), Evelyn Burnett (50)	02/08/08	Regina, SK
W55	1:06.18	Michelle Hankey (59), Avril Douglas (61) Nancy Cochrane (56), Urith Hayley (57)	21/06/08	Surrey, BC
W60	1:05.50	Linda Paulic (61), Louise Reed (71) Marg Radcliffe (64), Avril Douglas (60)	24/08/06	Abbotsford, BC
W65	1:07.32	Carol LaFayette-Boyd (66), Joan Vogel (67) Betty Dargie (66), Marg Radcliffe (66)	02/08/08	Regina, SK
W70	1:12.01	Diane Palmason (72), Gerda Crosthwaite (71) Louise Reed (75), Christa Bortignon (73)	16/09/10	Courtenay, BC
W80	1:49.15 WR	Hildegard Buschhaus (80), Olga Kotelko (89) Doreen McLeod-Smith (83), Leona Smith (80)	13/10/08	Prince George, BC

4 x 400 METRES

M35	3:29.78	Malik Crepsac (39), Richard Tremain (35) Lawrence Williams (35), Derek Hackshaw (37)	03/07/06	Ottawa, ON
M40	3:25.39	Chris Lemassif (42), Peter Lawson (40) Paul Osland (45), Mike Sherar (45)	08/08/09	Lahti, FIN

M45	3:37.14	Lynn Eves (), George Smith (45) Barry Adams (47), Harold Morioka (46)	06/08/89	Eugene, OR
M50	3:50.91	Bill McIlwaine (54), Earl Fee (64) Tom Callender (61), Harold Morioka (50)	17/10/93	Miyazaki, JPN
M55	3:57.61	Tony Badowski (57), Bill McIlwaine (61) Jake Madderom (55), Harold Morioka (57)	20/08/00	Kamloops, BC
M60	4:07.74	Tony Badowski (60), Earl Fee (74) Bruce Mitchell (60), Harold Morioka (60)	13/07/03	Carolina, PUR
M65	4:56.51	Les Friesen (68), Joe Giegerich (73) Victor Fedyna (73), Norm Cote (70)	31/07/05	Edmonton, AB
M70	5:32.31	Joe Giegerich (76), Ray Wardle (75) Roger Davies (73), Ken Epp (72)	03/08/08	Regina, SK
W35	4:22.17	Gwen Ridout (41), Maxine Wilkes (36) Charlene Dunn (39), Lindsay Clapperton (38)	18/07/04	Calgary, AB
W40	4:09.22	Avril Douglas (43), Judy Warwick (40) Catherine Roberts (42), Liz McBlain (41)	06/08/89	Eugene, OR
W45	4:34.43	Pam Duncan (46), Liz McBlain (45) Ann Marie Rosenitsch (52), Avril Douglas (47)	17/10/93	Miyazaki, JPN
W50	4:24.09	Marne McMillan (51), Karla Del Grande (50) Rhona Trott (54), Maureen de St. Croix (50)	13/07/03	Carolina, PUR
W55	5:46.95	Debbie Obokata (55), Julia McDonald (59) Maeve Armstrong-Harris (55), Rita Melville (58)	23/07/08	London, ON
W60	5:54.64	Joan Christensen (63), Marg Radcliffe (61) Helly Visser (69), Jean Horne (70)	13/07/03	Carolina, PUR
W65	5:59.02	Marg Radcliffe (65), Mary McCarron-Egner (70) Alice Cole (74), Carol LaFayette-Boyd (65)	15/09/07	Riccione, ITA
W70	6:12.25 WR	Mary McCarron-Egner (71), Helly Visser (74) Louise Reed (73), Diane Palmason (70)	09/10/08	Calgary, AB

4 x 800 METRES

M40	9:06.52	Christian Gundlack (41), Harold Walker (41) John Loney (43), Andrew Jones (42)	09/07/08	London, ON
M45	10:01.62	David Guss (49), Ed Bickley (51) Richard Kellet (46), Peter Cruttenden (50)	22/05/10	Calgary, AB
M50	9:39.1	Bill Wheeler (54), Fred Chapman (56) James Madden (51), Steve Beasley (52)	09/07/08	London, ON
M60	12:36.86	Gerrit Voordouw (60), Roy Thomson (63) Stuart Arguile (64), Fred Judson (64)	22/05/10	Calgary, AB
M65	12:40.69	Roger Davies (75), Roy Palmer (66) Roland Delhomeau (65), Doug Renwick (68)	22/05/10	Calgary, AB
W35	11:01.48	Donna Dixon (42), Charlene Lazaruk (44) Sandra Yaworski (43), Jenny Godley (36)	25/05/05	Calgary, AB
W40	9:40.3 WR	Nicola Everton (40), Donna Dixon (42) Anne Bunting (40), Maureen de St. Croix (52)	05/07/05	Burnaby, BC
W45	11:24.66	Kendra Laycock (46), Margot Glover (46) Sue Strother (50), Donna Dixon (47)	22/05/10	Calgary, AB
W50	14:52.62	Wendy Fraser (54), Mary Ann McCoy (53) Paula Muxlow (50), Gwyn Hayman (53)	09/07/08	London, ON
W55	13:28.82	Debbie Obokata (55), Julia McDonald (59) Maeve Armstrong-Harris (55), Rita Melville (58)	09/07/08	London, ON

INDOORS

4 X 200 METRES

M35	1:38.97	William Harrower (38), Stanley Jang (41) Chris Jones (36), Sam Walker (38)	06/03/10	Kamloops, BC
M40	1:39.85	Christian Lemassif (43), Michael Sherar (46) Paul White (43), Peter Lawson (41)	06/03/10	Kamloops, BC
M45	1:41.5 (h)	Ken Kudo (45), Mel White (48) Joseph Baptiste (47), Michael Lee Foon (47)	27/01/08	Toronto, ON
M50	1:51.59	Murray Black (50), Kenneth Crockett (57) Bob Cheng (50), Barrie Dargie (65)	06/03/10	Kamloops, BC
M55	2:00.58	Les Fowler (63), Robert Holmes (55) Klifford Russell (56), Doug Renwick (68)	06/03/10	Kamloops, BC
M60	1:56.12	Herb Gee (68), Tony Badowski (66) Harold Morioka (66), Sewa Birring (63)	21/02/09	Kamloops, BC
M65	2:00:34	Herb Gee (68), Tony Badowski (66) Harold Morioka (66), Andy Aadmi (73)	21/02/09	Kamloops, BC
M80	2:40.99	Bill Thompson (80), Isaac Thiessen (81) Harry Thompson (87), Norm Lesage (80)	06/03/10	Kamloops, BC
W40	1:57.55	Nicola Everton (44), Jeanie Bezdán (45) Anne Bunting (45), Renee Belanger (47)	06/03/10	Kamloops, BC
W45	2:01.58	Laurie Meloche (48), Judy Summers (46) Susanne Lauridsen (52), Sheryl Schoenthaler (45)	06/03/10	Kamloops, BC
W50	1:58.88	Wendy Alexis (54), Rhonda Tremblay (50) Jovette Jolicoeur (50), Karla Del Grande (56)	06/03/10	Kamloops, BC
W55	2:25.75	Betty Dargie (66), Urith Hayley (57) Michelle Hankey (60), Diane Palmason (70)	21/02/09	Kamloops, BC
W60	2:16.23	Rhona Trott (61), Catherine Roberts (63) Michelle Hankey (61), Carol LaFayette-Boyd (67)	06/03/10	Kamloops, BC
W70	3:04.74	Klazina Noort (77), Ruth Carrier (79) Mary McCarron-Egner (73), Louise Reed (74)	06/03/10	Kamloops, BC
W80	4:15.33 WR	Louise Sorensen (81), Hildegard Buschhaus (81) Olga Kotelko (91), Leona Smith (82)	06/03/10	Kamloops, BC

4 X 400 METRES

M40	3:39.22	Malik Crepsac (40), Eddy Renelique (43) Michael Sherar (43), Paul Osland (43)	04/02/07	Toronto, ON
M45	3:49.86	Ken Kudo (46), Paul Osland (45) Eddy Renelique (45), Mike Sherar (45)	25/01/09	Toronto, ON
M60	4:13.30	Tony Badowski (65), John Winfield (61) Sewa Birring (62), Harold Morioka (65)	11/03/08	Kamloops, BC
M65	4:48.34	Herb Gee (68), Tony Badowski (66) Andy Aadmi (73), Harold Morioka (66)	22/02/09	Kamloops, BC
W35	4:49.47	Darlene Felix (42), Jovette Jolicoeur (47) B J Freeman (48), Adele Thompson (37)	04/03/07	Edmonton, AB
W40	4:27.25	Gwen Bailey-Mason (40), Lynda de Boer (47) Christine Lavalee (50), Karla Del Grande (53)	04/02/07	Toronto, ON

4 x 800 METRES

W40	10:15.98	Donna Dixon (40), Barb Richardson (40) Sandra Yaworski (41), Janice McCaffrey (43)	18/01/03	Edmonton, AB
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BOLD
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New records in 2010
World Record

