

Ottawa Lions Track & Field Club

All - Time Performance Lists

Updated as of February 19, 2012

Please refer to the statistical information message at the end of the list for references and questions.

60 Meters

MEN (Ranking Threshold 7.00)

6.64	Michael Nicolini	(78)	Sherbrooke, QU	02.27.1999
6.67	Nicolini		Montreal, QU	02.13.1999
6.70	Nicolini		Downsview, ON	02.20.1999
6.70	Nicolini		Sherbrooke, QU	02.27.1999
6.74	Nicolini			1997
6.79	Nicolini		Windsor, ON	03.14.1998
6.79	Nicolini		Montreal, QU	02.13.1999
6.66	Richard Adu-Bobie	(85)	Fayetteville, AR	03.12.2005
6.68	Adu-Bobie		Fayetteville, AR	03.12.2005
6.69	Adu-Bobie		Lexington, KY	02.01.2008
6.74	Adu-Bobie		Albuquerque, NM	01.20.2007
6.75	Adu-Bobie		Montreal, QU	12.11.2004
6.75	Adu-Bobie		Fayetteville, AR	01.12.2007
6.75	Adu-Bobie		Montreal, QC	02.21.2009
6.69	Oluseyi Smith	(87)	Ottawa, ON	02.13.2010
6.72	Smith		Sheffield, ENG	02.14.2009
6.72	Smith		Ottawa, ON	02.13.2010
6.79	Smith		Sheffield, ENG	02.14.2009
6.79	Smith		Ottawa, ON	01.16.2010
6.83	Smith		Sheffield, ENG	03.10.2007
6.83	Smith		Manchester, ENG	01.13.2008
6.72	Glenroy Gilbert	(68)	Fairfax, VA	02.25.1996
6.73	Gilbert		Saskatoon, SK	02.16.1991
6.73	Gilbert			1995
6.73	Charles Allen	(77)	Montreal, QC	01.30.2009
6.75	Allen		Ottawa, ON	02.07.2009
6.77	Allen		Montreal, QC	01.30.2009
6.85	Allen		Ottawa, ON	01.12.2008
6.77	Sheridon Baptiste	(64)	Windsor, ON	02.20.1988
6.81	Alamou Souhalia	(79)	Montreal, QU	02.19.2005
6.81	Moussa Sissoko	(85)	Ottawa, ON	12.18.2010
6.84	Ricardo Greenidge	(71)	Winnipeg, MB	02.02.1991
6.84	Greenidge		Edmonton, AB	01.22.2000
6.84	Curtis Fraser	(82)	Blacksburg, VA	02.13.2004
6.84	Oluwasegun Makinde	(91)	Downsview, ON	02.26.2010
6.84	Makinde		Montreal, QC	01.27.2012
6.88	Makinde		Canton, NY	12.03.2011
6.88	Makinde		Ottawa, ON	01.14.2012
6.94	Makinde		Hanover, NH	01.11.2009
6.87	Daniel Barbarie	(82)	University Park, PA	02.11.2005
6.88	Michael Robertson	(89)	Hanover, NH	01.11.2009
6.93	Tony Risling	(89)	Sherbrooke, QC	03.10.2011
6.94	Chris Donoghue	(81)	Montreal, QU	02.05.2000
6.94	Christopher Greenaway	(87)	Montreal, QC	01.29.2010

6.95	Lyndon George	(65)	Montreal, QU	02.19.2000
6.97	Lawrence Ringwald	(76)	Downsview, ON	01.28.2001
6.97	Chris Greenaway	(87)	Ottawa, ON	01.16.2010

WOMEN (Ranking Threshold 8.00)

7.43	Esther Akinsulie	(84)	Montreal, QC	01.27.2012
7.51	Akinsulie		Montreal, QC	01.27.2012
7.53	Akinsulie		Ottawa, ON	01.14.2012
7.54	Akinsulie		Ottawa, ON	01.14.2012
7.55	Akinsulie		Montreal, QC	02.19.2011
7.56	Akinsulie		Ottawa, ON	02.12.2011
7.56	Akinsulie		Boston, MA	02.11.2012
7.57	Akinsulie		Montreal, QC	01.28.2011
7.59	Akinsulie		Montreal, QC	02.19.2010
7.64	Akinsulie		Ottawa, ON	01.19.2008
7.66	Akinsulie		Ottawa, ON	01.24.2009
7.72	Akinsulie		Montreal, QU	02.19.2005
7.76	Akinsulie		Montreal, QU	12.10.2003
7.50	Ashley Purnell	(83)	New York, NY	03.10.2002
7.53	Purnell		Montreal, QU	02.09.2002
7.55	Purnell		Saskatoon, SK	01.13.2002
7.56	Purnell		Seattle, WA	02.25.2005
7.58	Purnell		Montreal, QU	12.15.2001
7.75	Purnell		Montreal, QU	02.19.2000
7.61	Christiane Lela	(88)	Windsor, ON	03.12.2009
7.63	Lela		Montreal, QU	03.06.2008
7.68	Leanne Wall	(73)	Edmonton, AB	03.12.1994
7.69	Lesley Tashlin	(69)	?	1994
7.75	Lora Lariviere	(65)	Toronto, ON	04.09.1983
7.75	Shelani Fernando	(95)	Ottawa, ON	01.15.2011
7.78	Fernando		Ottawa, ON	01.15.2011
7.78	Fernando		Canton, NY	12.03.2011
7.78	Fernando		Ottawa, ON	02.12.2011
7.81	Fernando		Ottawa, ON	02.12.2011
7.87	Fernando		Ottawa, ON	12.18.2010
7.76	Miranda Kirby	(68)	Montreal, QU	02.14.1988
7.77	Jamilla Callender	(79)	Sherbrooke, QU	03.04.2000
7.78	Leslie Estwick	(60)	Montreal, QU	02.11.1989
7.80	Ashlea Maddex	(92)	Ottawa, ON	02.13.2010
7.80	Farah Jacques	(90)	NYC, NY	02.03.2012
7.81	Andrea Bacchiochi	(68)	Sherbrooke, QU	02.24.1990
7.83	Sarah De Carufel	(92)	NYC, NY	02.03.2012
7.84	Roslyn McGilvery	(76)	Downsview, ON	02.13.1993
7.87	Mila Simulik	(90)	Toronto, ON	02.26.2010
7.89	Isabelle Gervais	(77)	Montreal, QU	02.13.1999
7.89	Charifa Labarang	(95)	Ottawa, ON	02.12.2011
7.92	Chantale Dejardin	(75)	Downsview, ON	01.12.1991
7.93	Ashley Wilson	(91)	Ottawa, ON	12.19.2009
7.94	Maureen Doody	(71)	Toronto, ON	01.16.2000
7.97 *outdoor	Anne Lebel	(79)	Ottawa, ON	07.10.1996
7.98	Caitlin Fortier	(89)	Ottawa, ON	12.16.2006
7.98	Amelia Brohman	(94)	Ottawa, ON	01.24.2009
7.99	Tania Bambi	(94)	Ottawa, ON	02.12.2011

100 Meters

MEN (Ranking Threshold 11.10)

10.10	(1.5)	Glenroy Gilbert	(68)	Victoria, BC	08.22.1994
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10.11	(1.9)	Gilbert		Victoria, BC	08.23.1994
10.13	(1.1)	Gilbert		Victoria, BC	08.22.1994
10.16	?	Gilbert		?	1993
10.16	(1.9)	Gilbert		Duisburg, Germany	06.12.1996
10.17	(0.9)	Gilbert		Baton, Rouge, LA	04.22.1995
10.18	(0.0)	Gilbert		Montreal, QU	06.21.1996
10.18	?	Gilbert		?	1998
10.22	(0.2)	Gilbert		Knoxville, TN	05.15.1993
10.23	(1.8)	Gilbert		Stockholm, Sweden	07.08.1996
10.27	(0.1)	Gilbert		Provo, UT	05.26.1992
10.29	(0.6)	Gilbert		Eagle Rock, CA	05.09.1992
10.30	(-0.8)	Gilbert		Victoria, BC	08.02.2000
10.23	(2.0)	Oluseyi Smith	(87)	Bedford, GBR	05.04.2009
10.31	(1.7)	Smith		Windsor, ON	05.29.2010
10.32	(1.2)	Smith		Bedford, GBR	05.04.2009
10.33	(-1.0)	Smith		Geneve, SUI	06.06.2009
10.36	(0.3)	Smith		St. Laurent, QC	05.22.2010
10.36	(1.2)	Smith		Ottawa, ON	05.22.2011
10.39	(0.5)	Smith		Ottawa, ON	05.21.2011
10.47	(-0.3)	Smith		Windsor, ON	07.05.2008
10.54	(1.3)	Smith		Beijing, CHN	06.15.2006
10.55	(-2.5)	Smith		Ottawa, ON	07.01.2007
10.66	(2.0)	Smith		Rome, ITA	05.14.2005
10.69	(-0.9)	Smith		Saskatoon, SK	07.24.2004
10.25	(0.5)	Richard Adu-Bobie	(85)	Lincoln, NB	05.30.2008
10.28	(1.5)	Adu-Bobie		Victoria, BC	07.10.2004
10.29	(1.8)	Adu-Bobie		Sacramento, CA	06.06.2007
10.31	(1.2)	Adu-Bobie		Des Moines, IA	05.25.2007
10.31	(1.3)	Adu-Bobie		Des Moines, IA	05.25.2007
10.33	(2.0)	Adu-Bobie		Miami, FL	04.14.2007
10.34	(1.0)	Adu-Bobie		Ottawa, ON	08.04.2006
10.34	(1.2)	Adu-Bobie		Clermont, FL	06.11.2011
10.36	(1.8)	Adu-Bobie		Baton Rouge, LA	04.18.2008
10.37	(0.4)	Adu-Bobie		Luzern, SWI	07.16.2008
10.37	(1.8)	Adu-Bobie		Clermont, FL	06.11.2011
10.44	(1.7)	Adu-Bobie		Brockville, ON	05.30.2009
10.47	(0.7)	Adu-Bobie		Ottawa, ON	07.07.2010
10.27	(1.5)	Michael Nicolini	(78)	Montreal, QU	08.01.1998
10.52	(1.4)	Nicolini		Knoxville, TN	05.18.2000
10.63	(1.1)	Nicolini		Ottawa, ON	06.16.1999
10.71	(-2.2)	Nicolini		Kitchener, ON	07.28.2000
10.35	(1.1)	Charles Allen	(77)	Downsview, ON	07.18.2009
10.39	(0.4)	Allen		Ottawa, ON	08.04.2006
10.45	(0.0)	Allen		Ottawa, ON	08.04.2006
10.47	(1.9)	Allen		Ottawa, ON	07.02.2006
10.58	(1.3)	Allen		North York, ON	06.14.2008
10.62	(1.1)	Allen		Ottawa, ON	05.10.2007
10.37	(1.4)	Ricardo Greenidge	(71)	Victoria, BC	07.29.1994
10.44	(1.8)	Greenidge		Sudbury, ON	07.04.1992
10.46	(2.0)	Greenidge		Montreal, QU	07.14.1995
10.52	(0.1)	Greenidge		Provo, UT	05.28.1992
10.52	(0.5)	Greenidge		Coquitlam, BC	08.15.1992
10.55	(1.7)	Greenidge		Calgary, AB	06.19.1999
10.56	(0.0)	Greenidge		Burnaby, BC	06.24.2000
10.58	(0.2)	Greenidge		Kitchener, ON	08.18.1990
10.60	(1.8)	Greenidge		Ottawa, ON	08.05.1989
10.42	(1.8)	Sheridon Baptiste	(64)	Ottawa, ON	06.30.1994
10.48	(1.5)	Baptiste		Baton Rouge, LA	03.18.1995
10.45	(0.9)	Moussa Sissoko	(85)	Nairobi, Kenya	07.31.2010
10.50	(1.7)	Sissoko		Ottawa, ON	06.15.2011
10.63	(1.0)	Sissoko		Ottawa, ON	07.09.2008
10.69	(0.0)	Sissoko		St. Laurent, QU	06.07.2008
10.73	(1.7)	Sissoko		Brockville, ON	05.30.2009
10.75	(-0.9)	Sissoko		Ottawa, ON	05.24.2008
10.47	(1.6)	Oluwasegun Makinde	(91)	Brockville, ON	05.29.2009
10.49	(1.5)	Makinde		London, ON	06.13.2009
10.49	(0.9)	Makinde		Ottawa, ON	07.17.2011
10.50	(0.6)	Makinde		Ottawa, ON	06.15.2011
10.53	(0.3)	Makinde		St. Laurent, QC	05.22.2010
10.53	(1.6)	Makinde		Ottawa, ON	06.26.2010
10.53	(0.1)	Makinde		Ottawa, ON	06.26.2010

10.53	(-1.1)	Makinde		Miramar, FL	06.11.2011
10.56	(2.0)	Makinde		Charlottetown, PEI	07.17.2009
10.70	(0.7)	Makinde		Ottawa, ON	06.20.2008
10.89	(-2.5)	Makinde		Ottawa, ON	06.29.2007
10.50	(2.0)	Daniel Barbarie	(82)	Ottawa, ON	06.16.2004
10.73	(0.9)	Barbarie		Downsview, ON	06.12.2004
10.74	(1.2)	Barbarie		Downsview, ON	06.12.2004
10.85	(0.7)	Barbarie		Sherbrooke, QU	06.20.2005
10.54	(-0.1)	Fatih Stanley	(83)	Ottawa, ON	06.21.2008
10.60	(-0.6)	Stanley		Windsor, ON	07.04.2008
10.56	(0.2)	Curtis Fraser	(82)	Downsview, ON	06.14.2003
10.59	(1.5)	Fraser		Calgary, AB	02.26.2002
10.60	(1.1)	Fraser		Clemson, SC	05.10.2003
10.63	(0.9)	Fraser		Victoria, BC	07.10.2004
10.70	(-1.8)	Fraser		Calgary, AB	07.27.2001
10.72	(0.9)	Fraser		Bydgoszcz, POL	07.16.1999
10.81	(1.4)	Fraser		LaSalle, ON	06.02.2000
10.62	(1.2)	Ramon Mounsour	(90)	Ottawa, ON	07.29.2009
10.72	(1.3)	Monsour		Ottawa, ON	08.15.2007
10.82	(1.1)	Monsour		Ottawa, ON	08.14.2008
10.82	(0.0)	Mousour		Canton, NY	05.08.2010
10.64	(0.3)	Michael Robertson	(89)	St. Laurent, QC	05.22.2010
10.67	(0.5)	Robertson		Ottawa, ON	05.16.2009
10.68	(0.1)	Robertson		Ottawa, ON	08.06.2008
10.68	(0.6)	Robertson		St. Laurent, QC	05.22.2010
10.76	(0.3)	Robertson		St. Laurent, QC	05.23.2009
10.65	(1.5)	Quinton Carew	(80)	New Haven, CT	05.03.2003
11.11	(1.0)	Carew		Ottawa, ON	06.18.2003
10.80	(0.9)	Christian Deslume	(90)	Ottawa, ON	05.10.2007
10.80	(1.4)	Tony Risling	(89)	Ithaca, NY	05.01.2011
10.81	(0.6)	Alamou Souhalia	(76)	Ottawa, ON	07.20.2005
10.92	(0.0)	Lawrence Ringwald	(76)	Ottawa, ON	06.13.2001
10.92	(0.7)	Juan Abreu	(72)	Ottawa, ON	07.02.2003
10.94	(1.0)	Sekou Kaba	(90)	Ottawa, ON	06.21.2008
10.96	(0.1)	Richard Rock	(57)	Downsview, ON	07.09.1988
10.96	(1.2)	Toluwalope Makinde	(93)	Ottawa, ON	07.29.2009
10.98	(1.5)	Antoine Despres-Bedward	(87)	Ottawa, ON	07.02.2006
10.99	(1.1)	Ken LeBlanc	(68)	Montreal, QU	05.24.1996
11.00	(0.1)	Cyril Soga	(65)	Ottawa, ON	07.22.1992
11.02	(0.9)	Jeremy Batt	(89)	St. Laurent, QU	06.07.2008
11.04	(0.9)	Desmond Johnson	(68)	Etobicoke, ON	08.03.1993
11.04	(0.5)	Todd Pypier	(87)	Downsview, ON	06.12.2004
11.05	(1.6)	Roddie Slater	(72)	Ottawa, ON	07.24.1991
11.09	(0.0)	Eric Daw	(77)	Canton, NY	04.21.2001
11.10	(1.9)	Gordon Cave	(91)	Downsview, ON	08.02.2008

Significant Wind Aided Performances

10.01	(2.8)	Glenroy Gilbert	(68)	Knoxville, TN	04.07.1993
10.04	(2.2)	Gilbert		New York, NY	05.21.1995
10.13	(4.0)	Gilbert		Duisburg, GER	06.12.1996
10.14	(4.9)	Gilbert		Modesto, CA	05.16.1992
10.15	(6.3)	Gilbert		Provo, UT	05.26.1992
10.16	nwi	Gilbert		Knoxville, TN	05.01.1993
10.17	(4.8)	Gilbert		Austin, TX	05.06.2000
10.07	(7.1)	Michael Nicolini	(79)	Knoxville, TN	04.07.1999
10.27	(3.1)	Oluseyi Smith	(87)	Windsor, ON	05.29.2010
10.33	(2.3)	Smith		Leiden, NED	06.12.2010
10.29	(2.7)	Charles Allen	(77)	Ottawa, ON	07.02.2006
10.20	(2.9)	Richard Adu-Bobie	(85)	Ottawa, ON	06.29.2007
10.23	(2.6)	Adu-Bobie		Sacramento, CA	06.06.2007
10.40	(4.3)	Curtis Fraser	(82)	Edmonton, AB	06.22.2002
10.42	(2.5)	Sheridon Baptiste	(64)	Baton Rouge, LA	04.20.1996
10.45	(4.3)	Daniel Barbarie	(82)	Ottawa, ON	06.19.2004
10.42	(4.1)	Oluwasegun Makinde	(91)	St. Laurent, QC	05.29.2010
10.53	(2.5)	Moussa Sissoko	(85)	St. Laurent, QU	06.07.2008
10.70	nwi	Juan Abreu	(72)	Canton, NY	05.12.2000

10.91	(6.6)	Todd Pyper	(87)	Ottawa, ON	06.19.2006
10.95	(3.3)	Jeremy Batt	(89)	Montreal, QU	06.06.2009
10.96	nwi	Desmond Johnson	(68)	Montreal, QU	07.18.1992
10.90	nwi	Chris Donoghue	(81)	Ottawa, ON	05.19.2000

Women

(Ranking Threshold 12.80)

11.54	(0.8)	Ashley Purnell	(83)	Belleville, ON	06.07.2002
11.68	(1.9)	Purnell		Westwood, CA	05.14.2005
11.69	(1.2)	Purnell		London, ON	06.30.2001
11.77	(1.4)	Purnell		Ottawa, ON	05.25.2002
11.55	(1.0)	Esther Akinsulie	(84)	Montreal, QU	07.26.2008
11.69	(1.7)	Akinsulie		Ottawa, ON	08.15.2007
11.72	(-0.1)	Akinsulie		Montreal, QU	07.26.2008
11.73	(1.1)	Akinsulie		Baton Rouge, LA	04.17.2010
11.78	(1.1)	Akinsulie		Ottawa, ON	05.28.2011
11.79	(0.7)	Akinsulie		Ottawa, ON	05.28.2011
11.80	(0.8)	Akinsulie		Regina, SK	08.15.2005
11.95	(0.5)	Akinsulie		Downsview, ON	06.12.2004
11.75	(1.9)	Holly Denny	(?)	Montreal, QU	07.08.1975
11.89	(2.0)	Maureen Doody	(71)	Montreal, QU	06.09.2000
12.28	(1.6)	Doody		Montreal, QU	07.11.1998
12.01	(0.2)	Lesley Tashlin	(69)	Ottawa, ON	06.02.1999
12.03	(0.7)	Tashlin		Victoria, BC	08.19.1994
12.02	(1.8)	Shelani Fernando	(95)	Toronto, ON	07.24.2011
12.13	(0.9)	Fernando		Ottawa, ON	08.05.2011
12.17 *dome	-	Fernando		Ottawa, ON	03.05.2011
12.06	(1.3)	Leanne Wall	(73)	Ottawa, ON	07.02.1993
12.07	(2.0)	Wall		Montreal, QU	06.13.1992
12.10	(1.0)	Christiane Lela	(88)	Montreal, QU	07.26.2008
12.16	(1.8)	Lela		London, ON	06.13.2009
12.24	(1.0)	Lela		Baton Rouge, LA	04.19.2008
12.26	(0.0)	Lela		St. Laurent, QU	06.09.2007
12.42	(2.0)	Lela		Ottawa, ON	07.05.2006
12.22	(1.8)	Amelia Brohman	(94)	Sherbrooke, QU	08.08.2009
12.23	(1.5)	Catherine Lalonde	(89)	Ottawa, ON	06.08.2007
12.31	(-1.2)	Lora Lariviere	(65)	Windsor, ON	06.25.1983
12.33	(-0.1)	Ashlea Maddex	(92)	Kitchener, ON	07.19.2008
12.35 *dome	-	Maddex		Ottawa, ON	03.06.2010
12.36	(1.8)	Victoria McIntyre	(95)	Toronto, ON	07.24.2011
12.37	(1.5)	Ashley Wilson	(91)	London, ON	06.13.2009
12.39	(0.8)	Miranda Kirby	(68)	Montreal, QU	06.04.1988
12.40	(-0.1)	Andrea Bacchiochi	(68)	Ottawa, ON	07.25.1990
12.41	(1.2)	Karelle Edwards	(89)	Ottawa, ON	06.20.2008
12.43	(1.2)	Caitlin Fortier	(89)	Ottawa, ON	06.17.2006
12.45	(1.7)	Jordan Skeete-Wilson	(90)	Ottawa, ON	06.20.2008
12.48	(1.3)	Anne LeBel	(79)	Kitchener, ON	08.05.1995
12.43 *dome	-	Charifa Labarang	(95)	Ottawa, ON	03.05.2011
12.50	(1.0)	Leslie Estwick	(60)	State College, PA	04.21.1990
12.50	(0.4)	Emilie Halle	(90)	Ottawa, ON	07.29.2009
12.53	(1.7)	Tania Bambi	(94)	Toronto, ON	07.24.2011
12.54	(1.1)	Alicia Brown	(90)	Ottawa, ON	07.07.2007
12.55	(-0.6)	Roslyn McGilvery	(76)	Sudbury, ON	07.04.1992
12.56	(0.6)	Lindsay Spoerri	(96)	Downsview, ON	07.23.2011
12.58	(1.7)	Bailey Lewis	(86)	Ottawa, ON	05.06.2004
12.59	(0.7)	Mila Simulik	(90)	Ottawa, ON	06.21.2008
12.62	(1.0)	Chantale Dejardin	(75)	Windsor, ON	07.12.1991
12.62	(1.6)	Patricia Gauthier	(85)	Long Beach, CA	04.16.2005
12.62	(1.8)	Catherine Lajeunesse	(90)	Ottawa, ON	07.07.2007
12.64	(1.7)	Louise Perreault	(68)	Burlington, ON	07.13.1984
12.65	(0.5)	Abigail Tulloch	(78)	Ottawa, ON	07.28.2001
12.72	(0.9)	Sarah Gariba	(91)	Ottawa, ON	05.29.2008
12.75	(1.9)	Shantia Thompson	(86)	Ottawa, ON	07.28.2001

12.75	(1.6)	Devyani Biswal	(93)	Ottawa, ON	05.21.2009
12.77	(-0.7)	Amanda Vincent	(73)	Ottawa, ON	06.15.1996
12.77	(-0.1)	Angela Needham	(73)	Ottawa, ON	08.07.1990
12.78	(1.8)	Marina Yacob	(92)	Ottawa, ON	05.21.2008
12.80 *dome	-	Julia Tousaw	(89)	Ottawa, ON	04.24.2008

Significant Wind Aided Performances

11.73	(4.4)	Lesley Tashlin	(69)	Knoxville, TN	04.09.1999
11.94	(3.1)	Leanne Wall	(73)	Ottawa, ON	07.01.1992
12.02	(3.1)	Isabelle Gervais	(77)	Flagstaff, AZ	07.03.2000
12.17	nwi	Catherine Lalonde	(89)	Brockville, ON	05.24.2007
12.28	(nwi)	Ashlea Maddex	(92)	Brockville, ON	05.21.2009
12.30	(7.5)	Jordan Skeete-Wilson	(91)	Ottawa, ON	07.02.2006
12.33	(3.2)	Caitlin Fortier	(88)	Ottawa, ON	07.02.2006
12.33	(6.3)	Patricia Gauthier	(85)	Honolulu, HI	03.29.2008
12.38	(4.0)	Leslie Estwick	(60)	Ottawa, ON	07.29.1992

150 Meters

MEN (Ranking Threshold 17.00)

15.56 *dome		Oluseyi Smith	(87)	Ottawa, ON	02.13.2010
15.67		Glenroy Gilbert	(68)	Ottawa, ON	06.10.1998
15.82 *dome		Charles Allen	(77)	Ottawa, ON	04.08.2009
15.84		Oluwasegun Makinde	(91)	Ottawa, ON	08.11.2010
15.88		Richard Adu-Bobie	(85)	Ottawa, ON	07.06.2005
15.91 *dome		Michael Robertson	(89)	Ottawa, ON	12.20.2008
15.97 *dome		Moussa Sissoko	(85)	Ottawa, ON	04.08.2009
16.28 *dome		Daniel Barbarie	(82)	Ottawa, ON	12.19.2005
16.30 *dome		Ryan Therrien	(83)	Ottawa, ON	03.12.2006
16.42 *dome		Ramon Monsour	(90)	Ottawa, ON	12.20.2008
16.45 *dome		Christian Desulme	(90)	Ottawa, ON	12.15.2007
16.46 *dome		Todd Pyper	(86)	Ottawa, ON	01.13.2007
16.49		Toluwalope Makinde	(93)	Ottawa, ON	07.21.2010
16.53 *dome		Gord Frenke	(89)	Ottawa, ON	12.17.2011
16.70		Jeremy Batt	(89)	Ottawa, ON	08.11.2010
16.71		Dan Kotylak	(82)	Ottawa, ON	08.04.2004
16.72		Dominic Esposito	(79)	Ottawa, ON	08.01.2001
16.74 *dome		Brian Cummings	(86)	Ottawa, ON	12.02.2005
16.78 *dome		Tony Risling	(89)	Ottawa, ON	01.15.2011
16.81		Antoine Despres-Bedward	(87)	Ottawa, ON	06.21.2006
16.85		Lawrence Williams	(70)	Ottawa, ON	08.06.2003
16.88		Olivier Gauthier-Kwan	(89)	Ottawa, ON	06.27.2007
16.88 *dome		Brandyn Martineau	(92)	Ottawa, ON	01.14.2012
16.96 *dome		Roland Vikou	(86)	Ottawa, ON	12.15.2007
16.97 *dome		Jordan Alexis	(88)	Ottawa, ON	02.19.2006
16.99		Reda Benazzouz	(89)	Ottawa, ON	06.27.2007

WOMEN (Ranking Threshold 20.00)

17.86 *dome		Esther Akinsulie	(84)	Ottawa, ON	12.02.2005
18.08		Isabelle Gervais	(77)	Ottawa, ON	08.01.2001
18.41		Christiane Lela	(88)	Ottawa, ON	06.27.2007
18.51 *dome		Farah Jacques	(90)	Ottawa, ON	12.17.2011
18.53		Catherine Lalonde	(89)	Ottawa, ON	06.27.2007
18.64		Ashlea Maddex	(92)	Ottawa, ON	07.16.2008

18.75	Maureen Doody	(71)	Ottawa, ON	06.16.1999
18.82	Bailey Lewis	(86)	Ottawa, ON	08.06.2003
18.82	Caitlin Fortier	(88)	Ottawa, ON	06.21.2006
18.88	Amelia Brohman	(94)	Ottawa, ON	07.15.2009
18.94	Alicia Brown	(90)	Ottawa, ON	07.21.2010
19.05 *dome	Ashley Wilson	(91)	Ottawa, ON	12.13.2008
19.10	Fiona Callender	(92)	Ottawa, ON	07.21.2010
19.10 *dome	Charifa Labarang	(95)	Ottawa, ON	12.17.2011
19.12	Emilie Halle	(90)	Ottawa, ON	06.27.2007
19.14	Catherine Lajeunesse	(90)	Ottawa, ON	06.27.2007
19.35 *dome	Lindsay Spoerri	(96)	Ottawa, ON	01.14.2012
19.45 *dome	Victoria McIntyre	(95)	Ottawa, ON	12.17.2011
19.49	Jordan Skeete-Wilson	(90)	Ottawa, ON	07.16.2008
19.50	Patricia Gauthier	(85)	Honolulu, HI	02.05.2005
19.53 *dome	Karelle Edwards	(90)	Ottawa, ON	01.27.2007
19.55	Gift Okankwu	(92)	Ottawa, ON	07.16.2008
19.56	Rachel Aubry	(89)	Ottawa, ON	06.21.2006
19.57 *dome	Jocelyn Poirier	(88)	Ottawa, ON	02.19.2006
19.57	Shannon Black	(87)	Ottawa, ON	06.27.2007
19.66 *dome	Andrea Debuc	(91)	Ottawa, ON	12.17.2011
19.71	Tania Bambi	(94)	Ottawa, ON	07.15.2009
19.87	Courtney Connor	(87)	Ottawa, ON	08.03.2005
19.88 *dome	Kathleen Jean	(92)	Ottawa, ON	12.15.2007
19.88 *dome	Marina Yacob	(91)	Ottawa, ON	12.20.2008
19.94 *dome	Michele Krech	(86)	Ottawa, ON	12.18.2010
19.98	Jen Read	(86)	Ottawa, ON	08.01.2001
19.98	Alison Cameron-Vendrig	(89)	Ottawa, ON	08.06.2008
19.99 *dome	Nadine Johnson	(88)	Ottawa, ON	12.18.2010

200 Meters

MEN (Ranking Threshold 22.50)

20.37	(0.7)	Glenroy Gilbert	(68)	New Orleans, LA	06.02.1993
20.50	?	Gilbert		1993	
20.88	(0.0)	Gilbert		Knoxville, TN	05.16.1993
20.89	(1.3)	Gilbert		Mar del Plata, ARG	03.21.1995
20.94	(0.1)	Gilbert		Eagle Rock, CA	05.09.1992
20.95	(0.5)	Gilbert		Victoria, BC	07.29.1994
21.00	(1.0)	Gilbert		Baton Rouge, LA	05.19.2000
21.35	(-0.1)	Gilbert		Burnaby, BC	06.03.2001
21.47	(2.)	Gilbert		Baton Rouge, LA	04.14.2001
21.53	(1.1)	Gilbert		Sherbrooke, QU	06.17.2001
20.61	(0.8)	Ricardo Greenidge	(71)	Odessa, TX	05.19.1994
20.82	(1.7)	Greenidge		Odessa, TX	05.19.1994
20.87	(0.6)	Greenidge		Provo, UT	05.26.1992
20.93	(0.6)	Greenidge		Ottawa, ON	07.03.1993
20.94	(0.3)	Greenidge		Kitchener, ON	06.22.1994
21.34 *indoor	-	Greenidge		Toronto, ON	03.10.1993
21.64	(1.8)	Greenidge		Calgary, AB	05.20.2000
20.72	(-1.0)	Oluwasegun Makinde	(91)	Shenzhen, CHN	08.18.2011
20.74	(-0.1)	Makinde		Shenzhen, CHN	08.19.2011
20.83	(-0.3)	Makinde		Shenzhen, CHN	08.19.2011
20.90	(1.2)	Makinde		Shenzhen, CHN	08.18.2011
20.99	(0.4)	Makinde		Toronto, ON	06.06.2009
21.06	(1.2)	Makinde		St. Laurent, QC	05.29.2010
21.13	(1.5)	Makinde		Ottawa, ON	06.08.2011
21.22	(0.3)	Makinde		Downsview, ON	06.13.2010
21.27	(1.9)	Makinde		Brockville, ON	05.29.2009
21.28	(0.5)	Makinde		Toronto, ON	06.06.2009
21.29	(1.4)	Makinde		Port of Spain, TRI	08.02.2009
21.39	(0.2)	Makinde		Sudbury, ON	08.15.2010

21.43 *NR-U18	(0.0)	Makinde		Sherbrooke, QU	08.10.2008
21.69 *indoor	-	Makinde		NYC, NY	02.03.2012
21.74	(0.9)	Makinde		Ottawa, ON	06.08.2007
22.43	(-1.6)	Makinde		Burnaby, BC	08.13.2006
20.73	(-0.3)	Michael Nicolini	(78)	Flagstaff, AZ	07.13.1998
21.10	(0.5)	Nicolini		Flagstaff, AZ	07.19.1999
21.11	(-1.7)	Nicolini		Flagstaff, AZ	07.19.1999
21.38	(1.0)	Nicolini		Knoxville, TN	05.18.2000
21.60	(1.6)	Nicolini		Kitchener, ON	07.19.1996
21.69	(-1.9)	Nicolini		Kitchener, ON	07.28.2000
20.85	(-0.7)	Oluseyi Smith	(87)	Atlanta, GA	05.15.2010
20.87	(1.1)	Smith		Canton, NY	05.07.2010
20.89	(-1.0)	Smith		Bedford, GBR	05.03.2008
20.90	(1.1)	Smith		Windsor, ON	05.29.2010
20.93	(0.5)	Smith		Geneve, SUI	06.06.2009
20.97	(1.4)	Smith		Kalamata, GRE	05.30.2009
21.33	(1.3)	Smith		Geneve, SUI	05.28.2011
21.41	(0.7)	Smith		Bedford, GBR	05.07.2007
21.86 *indoor	-	Smith		Manchester, ENG	01.13.2008
21.88	(2.0)	Smith		Ottawa, ON	06.09.2004
20.92	(1.6)	Richard Adu-Bobie	(85)	Austin, TX	05.02.2009
20.93	(-0.9)	Adu-Bobie		Windsor, ON	07.15.2007
20.95	(1.3)	Adu-Bobie		Coral Gables, FL	04.15.2007
21.00	(-1.9)	Adu-Bobie		Des Moines, IA	05.25.2007
21.08	(1.6)	Adu-Bobie		Baton Rouge, LA	04.19.2008
21.11	(0.6)	Adu-Bobie		Baton Rouge, LA	04.18.2009
21.24	(1.2)	Adu-Bobie		St. Laurent, QC	05.29.2010
21.28 *indoor	-	Adu-Bobie		Albuquerque, NM	01.20.2007
21.36	(2.0)	Adu-Bobie		Ottawa, ON	06.16.2004
21.41	(1.6)	Adu-Bobie		Halifax, NS	07.24.2005
21.41	(1.9)	Adu-Bobie		Clermont, FL	06.11.2011
21.51	(1.1)	Adu-Bobie		Sackville, NS	08.11.2003
21.12	(0.8)	Michael Robertson	(89)	Ottawa, ON	06.26.2010
21.17	(-0.5)	Robertson		Atlanta, GA	05.15.2010
21.26	(1.5)	Robertson		Ottawa, ON	06.08.2011
21.30	(0.6)	Robertson		Ottawa, ON	05.16.2009
21.33	(0.3)	Robertson		Downsview, ON	06.13.2010
21.43	(1.8)	Robertson		Ottawa, ON	06.14.2008
21.62	(0.8)	Robertson		Ottawa, ON	06.08.2007
21.68 *indoor	-	Robertson		Boston, MA	02.14.2009
21.28	(0.6)	Moussa Sissoko	(85)	Ottawa, ON	05.24.2008
21.43	(1.2)	Sissoko		St. Laurent, QC	05.29.2010
21.49	(1.5)	Sissoko		Ottawa, ON	07.03.2011
21.53	(1.2)	Sissoko		Baton Rouge, LA	05.19.2008
21.61	(-1.5)	Sissoko		Ottawa, ON	06.04.2008
21.77 *dome	-	Sissoko		Ottawa, ON	02.23.2008
21.98	(-0.1)	Sissoko		Ottawa, ON	07.08.2009
21.30	(-0.7)	Lyndon George	(65)	Flagstaff, AZ	07.19.1999
21.80	(0.2)	George		Etobicoke, ON	06.17.2000
22.10 *indoor	-	George		Montreal, QU	02.19.2000
21.35	(1.2)	Curtis Fraser	(82)	Edmonton, AB	06.23.2002
21.72	(1.2)	Fraser		Durham, NC	04.03.2004
21.74	(2.0)	Fraser		Ottawa, ON	06.09.2004
21.84	(-0.6)	Fraser		LaSalle, ON	06.03.2000
21.42	(2.0)	Daniel Barbarie	(82)	Ottawa, ON	06.09.2004
21.80 *indoor	-	Barbarie		South Bend, IN	02.05.2005
21.48	(1.5)	Devin Biocchi	(92)	Ottawa, ON	07.03.2011
21.82	(1.7)	Biocchi		Downsview, ON	06.11.2011
21.87 *dome	-	Biocchi		Ottawa, ON	03.05.2011
21.95	(-2.6)	Biocchi		Winnipeg, MB	07.08.2011
22.21	(0.0)	Biocchi		Ottawa, ON	08.13.2010
21.49	(0.7)	Sheridon Baptiste	(64)	Kitchener, ON	06.25.1995
21.63	(0.0)	Baptiste		Ottawa, ON	08.07.1990
21.64	(-0.3)	Baptiste		Baton Rouge, LA	03.20.1996
21.51	(1.0)	Lawrence Ringwald	(76)	Claremont, CA	04.20.2001
21.75	(1.3)	Ringwald		Downsview, ON	05.13.2001
21.78	(1.8)	Ringwald		Flagstaff, AZ	07.04.2000
22.52 *indoor	-	Ringwald		Toronto, ON	02.18.2001
21.61	(1.2)	Ramon Monsour	(90)	St. Laruent, QC	05.29.2010
21.63	(1.8)	Monsour		Ottawa, ON	06.14.2008

21.74	(-0.2)	Monsour		Ottawa, ON	08.15.2008
21.76	(0.6)	Monsour		Windsor, ON	07.06.2009
21.83	(0.0)	Monsour		Downsview, ON	06.13.2010
22.17 *indoor	-	Monsour		Boston, MA	02.14.2009
21.70	(-0.2)	Todd Pyper	(87)	Sherbrooke, QU	07.23.2006
21.89	(1.2)	Pyper		Ottawa, ON	05.10.2007
21.77	(-1.0)	Ken LeBlanc	(68)	St. John, NB	06.29.1986
21.83	(0.3)	Ryan Therrien	(83)	Ottawa, ON	08.04.2002
21.88	(1.0)	Toluwalope Makinde	(93)	Ottawa, ON	08.08.2010
22.15	(-0.6)	Makinde		Timmins, ON	07.26.2009
22.20	(-1.4)	Makinde		Ottawa, ON	05.19.2011
21.98	(0.2)	Juan Abreu	(72)	Etobicoke, ON	06.17.2000
22.06	(1.1)	Roddie Slater	(72)	Downsview, ON	07.21.1991
22.07	(0.6)	Christian Deslume	(90)	Ottawa, ON	05.24.2008
22.13	(1.9)	Pearson, Stuart	(89)	Brockville, ON	05.30.2009
22.17	(1.6)	Brian Alford	(69)	Ottawa, ON	07.26.1989
22.18 *indoor	-	Alamou Souhalia	(79)	Montreal, QU	02.19.2005
22.20	(1.4)	Gordon Cave	(91)	Downsview, ON	08.03.2008
22.20 *dome	-	Christopher Greenaway	(87)	Ottawa, ON	03.06.2010
22.21	(1.3)	Ray Cardinal	(46)	Ottawa, ON	08.06.1983
22.22	(0.4)	Brian Cummings	(86)	Ottawa, ON	06.15.2005
22.24	(1.8)	Tony Rissing	(89)	Ithaca, NY	05.01.2011
22.25	(1.5)	Gord Frenke	(89)	Ottawa, ON	06.08.2011
22.32	(0.0)	Sekou Kaba	(90)	Ottawa, ON	08.06.2008
22.32	(2.0)	Denray Jean-Jacques	(94)	Ottawa, ON	08.08.2010
22.35	(1.9)	Jeremy Batt	(89)	Brockville, ON	05.30.2009
22.39	(1.0)	Paul Chauvin	(81)	La Salle, ON	08.01.2004
22.40	(-1.2)	Chris Donoghue	(81)	Sarnia, ON	07.24.1999
22.40	(0.0)	Dominic Esposito	(79)	Ottawa, ON	06.13.2001
22.41	(-1.4)	Antoine Despres-Bedward	(87)	Ottawa, ON	06.29.2005
22.42	(-1.2)	Dan Kotylak	(82)	Ottawa, ON	06.08.2005

Significant Wind Aided Performances

20.39	wa	Glenroy Gilbert	(68)	Knoxville, TN	05.15.1993
20.50	nwi	Gilbert		Knoxville, TN	05.01.1993
20.81	(3.1)	Gilbert		Austin, TX	05.06.2000
21.06	(2.5)	Gilbert		College Station, TX	05.10.2001
20.67	(8.6)	Michael Nicolini	(78)	Knoxville, TN	04.10.1999
20.90	(4.5)	Nicolini		Victoria, BC	08.13.2000
20.75	(4.2)	Oluwasegun Makinde	(91)	Shenzhen, CHN	07.16.2011
21.33	(2.5)	Lawrence Ringwald	(76)	Ottawa, ON	07.15.2001
21.41	(2.2)	Todd Pyper	(87)	La Loma, MEX	05.15.2007
21.54	(3.3)	Daniel Barbarie	(83)	Ottawa, ON	06.19.2004
21.54	(4.0)	Ramon Monsour	(90)	Windsor, ON	07.06.2009
21.66	(3.4)	Ken LeBlanc	(68)	St. John, NB	06.29.1986
21.67	(4.3)	Ryan Therrien	(83)	Belleville, ON	06.10.2002
21.86	(3.6)	Juan Abreu	(72)	Ottawa, ON	07.16.2003
21.89	(2.9)	Toluwalope Makinde	(93)	Ottawa, ON	07.28.2010
21.90	(3.1)	Denray Jean-Jacques	(93)	Ottawa, ON	07.03.2011
22.05	nwi	Brian Alford	(69)	Etobicoke, ON	06.04.1988
22.07	(2.9)	Paul Chauvin	(81)	Ottawa, ON	06.19.2004
22.09	(4.1)	Christian Deslume	(90)	Turks & Caicos	04.07.2007
22.14	nwi	Eric Daw	(77)	Canton, NY	05.11.2001
22.19	(2.9)	Dan Kotylak	(82)	Ottawa, ON	06.19.2004
22.20	nwi	Chris Donoghue	(81)	Ottawa, ON	05.19.2000
22.23	(3.6)	Matt Stenson	(79)	Ottawa, ON	05.30.1996
22.25	(2.2)	Ray Cardinal	(46)	Kitchener, ON	08.05.1984
22.28	(2.1)	Michael Prime	(89)	Belleville, ON	06.01.2007
22.35	(5.3)	Sasah Cesaratto	(77)	Ottawa, ON	05.30.1996
22.42	(2.2)	Charles Ross	(79)	Sudbury, ON	07.21.1996
22.49	(2.9)	Antoine Despres-Bedward	(87)	Ottawa, ON	07.05.2006

WOMEN

(Ranking Threshold 26.50)

23.24	(1.2)	Esther Akinsulie	(84)	Baton Rouge, LA	04.17.2010
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23.33	(-0.9)	Akinsulie		Ottawa, ON	05.28.2011
23.41	(1.9)	Akinsulie		Toronto, ON	06.28.2009
23.45	(0.0)	Akinsulie		Windsor, ON	07.06.2008
23.45	(1.9)	Akinsulie		Ottawa, ON	06.22.2011
23.46	(1.8)	Akinsulie		Ottawa, ON	06.22.2011
23.52	(1.3)	Akinsulie		Ottawa, ON	06.14.2008
23.56	(-1.3)	Akinsulie		Windsor, ON	07.15.2007
23.60	(2.0)	Akinsulie		Ottawa, ON	08.06.2006
23.68 *indoor	-	Akinsulie		Boston, MA	02.13.2009
23.71	(0.0)	Akinsulie		Eagle Rock, CA	05.09.2009
23.77	(-0.5)	Akinsulie		Regina, SK	08.18.2005
23.84 *indoor	-	Akinsulie		Boston, MA	02.11.2012
23.28	(1.5)	Ashley Purnell	(83)	Kingston, JAM	07.18.2002
23.42	(1.1)	Purnell		Edmonton, AB	06.23.2002
23.43	(1.9)	Purnell		Westwood, CA	05.14.2005
23.61	(0.8)	Purnell		Calgary, AB	07.29.2001
23.69	(0.5)	Purnell		Ottawa, ON	07.15.2001
24.08 *indoor	-	Purnell		Fayetteville, AR	02.12.2005
24.00	(03)	Rosey Edeh	(66)	Linz, Austria	08.14.1989
24.39	(1.5)	Isabelle, Gervais	(77)	Flagstaff, AZ	07.06.2000
24.46	?	Holly Denny		?	1978
24.54	(1.8)	Lana McInnis	(62)	Etobicoke, ON	07.30.1989
24.61	(1.9)	Bailey Lewis	(86)	Belleville, ON	05.27.2004
24.65	(0.8)	Leanne Wall	(73)	Winnipeg, MB	07.26.1992
24.67	(1.7)	Christiane Lela	(88)	Brockville, ON	05.30.2009
24.73	(1.3)	Lela		Ottawa, ON	06.14.2008
24.86 *indoor	-	Lela	(88)	Boston, MA	02.08.2008
24.98	(0.0)	Lela		Abbotsford, BC	07.27.2007
24.80	(1.1)	Lauren Seibel	(82)	Windsor, ON	07.06.2008
24.94	(1.3)	Seibel		Ottawa, ON	06.14.2008
24.96	(0.0)	Seibel		Richmond, BC	06.03.2007
24.78	(1.2)	Ashlea Maddex	(92)	Toronto, ON	06.12.2011
24.79	(1.4)	Maddex		Ithaca, NY	05.01.2011
24.90	(-0.9)	Maddex		Sudbury, ON	08.15.2010
25.05	(1.0)	Maddex		Ottawa, ON	05.07.2009
24.88	(1.5)	Shelani Fernando	(95)	Ottawa, ON	08.07.2011
24.94	(0.3)	Fernando		Ottawa, ON	05.27.2011
24.95 *dome	-	Fernando		Ottawa, ON	03.05.2011
24.93	(1.8)	Julia Carew	(85)	St. Catherines, ON	06.07.2003
24.93	(-0.2)	Amelia Brohman	(94)	Sherbrooke, QU	08.09.2009
24.98	(0.3)	Victoria McIntyre	(95)	Ottawa, ON	05.27.2011
25.02	(0.2)	Lora Lariviere	(65)	Ottawa, ON	08.07.1983
25.12	(0.3)	Chantale Dejardin	(75)	Ottawa, ON	07.02.1993
25.16	(-0.1)	Leslie Estwick	(60)	Ottawa, ON	07.17.1991
25.17	(1.2)	Lesley Tashlin	(69)	Ottawa, ON	06.11.1993
25.20	(1.7)	Emilie Halle	(91)	Brockville, ON	05.30.2009
25.27	(-1.5)	Alicia Brown	(90)	Sudbury, ON	08.15.2010
25.39	(2.0)	Catherine Lalonde	(89)	Ottawa, ON	06.29.2007
25.40	(-1.5)	Charifa Labarang	(95)	Ottawa, ON	06.22.2011
25.49	(-0.6)	Fiona Callender	(92)	London, ON	06.03.2010
25.57	(0.0)	Anne LeBel	(79)	Kitchener, ON	08.06.1995
25.58	(0.1)	Gift Okankwu	(92)	Timmins, ON	07.26.2009
25.67	(1.9)	Karelle Edwards	(90)	Ottawa, ON	05.24.2008
25.72	(0.1)	Ashley Wilson	(91)	Toronto, ON	06.06.2009
25.77	(1.3)	Sarah Gariba	(91)	Ottawa, ON	06.08.2007
25.83	(0.5)	Caitlin Fortier	(89)	Ottawa, ON	07.02.2006
25.87	(-0.3)	Evelyn Scott	(93)	Ottawa, ON	05.27.2011
25.90	(0.1)	Angela Needham	(73)	Ottawa, ON	08.07.1990
25.94 *dome	-	Julia Tousaw	(89)	Ottawa, ON	04.17.2008
25.94	(2.0)	Samantha Murphy	(92)	Brockville, ON	05.29.2009
26.00	(2.0)	Karen Hanna	(64)	Saskatoon, SK	07.14.1984
26.01	(0.6)	Stephanie Plamondon	(71)	Ottawa, ON	06.27.1990
26.09	(1.3)	Roslyn McGilvery	(76)	Downsview, ON	07.19.1992
26.14	(-0.7)	Veronique Fortin	(78)	Windsor, ON	07.12.2007

26.15	(0.0)	Jocelyn Poirier	(88)	St. Catherines, ON	07.16.2005
26.17	(0.4)	Victoria Merrill	(87)	Ottawa, ON	07.15.2011
26.19	(-0.5)	Catherine Lajeunesse	(90)	Ottawa, ON	06.08.2007
26.22	(1.2)	Penny Ingram	(73)	Ottawa, ON	06.28.1991
26.27	(0.5)	Grace Verbeek	(58)	Ottawa, ON	07.17.1991
26.28	(1.9)	Marina Yacob	(91)	Ottawa, ON	05.21.2008
26.30	(-0.7)	Lindsay Spoerri	(96)	Ottawa, ON	05.27.2011
26.35	(0.6)	Kerry-Ann Lindo	(93)	Timmins, ON	07.26.2009
26.36	(-0.2)	Maureen Doody	(71)	Ottawa, ON	07.29.2001
26.43	(1.6)	Tessa Mason	(76)	Downsview, ON	07.19.1992
26.43	(0.6)	Patricia Gauthier	(85)	Saskatoon, SK	07.04.2003
26.44	(0.3)	Alison Armstrong	(61)	Ottawa, ON	06.21.1986
26.45	(0.0)	Dana Buchanan	(84)	Ottawa, ON	06.13.2001
26.48	(-1.0)	Victoria Floyd	(88)	Etobicoke, ON	06.03.2004

Significant Wind Aided Performances

23.31	(2.9)	Ashley Purnell	(83)	Edmonton, AB	06.23.2002
23.31	(2.8)	Esther Akinsulie	(84)	Ottawa, ON	07.16.2011
24.28	(6.4)	Isabelle Gervais	(77)	Flagstaff, AZ	07.03.2000
24.46	nwi	Holly Denny	(?)	Montreal, QU	07.09.1975
24.72	(3.8)	Catherine Lalonde	(89)	Belleville, ON	06.01.2007
24.83	(2.9)	Shelani Fernando	(95)	Ottawa, ON	07.03.2011
25.01	nwi	Maureen Doody	(71)	Canton, NY	07.19.2001
25.27	nwi	Samantha Murphy	(92)	Brockville, ON	05.21.2009
25.63	(3.8)	Catherine Lajeunesse	(90)	Belleville, ON	06.01.2007
25.70	(3.1)	Melissa Bishop	(88)	Ottawa, ON	05.29.2003
25.90	nwi	Amanda Vincent	(73)	Ottawa, ON	07.17.1996

300 Meters

MEN (Threshold Ranking 37.00)

33.21 *dome	Michael Robertson	(89)	Ottawa, ON	01.17.2009
33.25 *dome	Robertson		Ottawa, ON	01.16.2010
33.40 *dome	Robertson		Ottawa, ON	01.14.2012
33.49 *dome	Robertson		Ottawa, ON	01.15.2011
33.71 *indoor	Robertson		Winnipeg, MB	02.06.2010
33.94 *dome	Robertson		Ottawa, ON	01.19.2008
34.20 *indoor	Robertson		Montreal, QU	03.07.2008
33.76 *dome	Oluwasegun Makinde	(91)	Ottawa, ON	01.14.2012
33.90 *indoor	Makinde		Montreal, QC	01.28.2012
33.93 *dome	Makinde		Ottawa, ON	02.11.2012
34.41 *dome	Makinde		Ottawa, ON	01.16.2010
34.61 *dome	Makinde		Ottawa, ON	02.13.2010
35.22	Makinde		Downsview, ON	06.26.2010
33.96	Devin Biocchi	(92)	Ottawa, ON	07.07.2010
34.08 *dome	Biocchi		Ottawa, ON	12.18.2010
34.28	Biocchi		Ottawa, ON	02.12.2011
34.48 *dome	Biocchi		Ottawa, ON	02.12.2012
34.00 *dome	Todd Pyper	(87)	Ottawa, ON	01.28.2006
34.10 *dome	Pyper		Ottawa, ON	12.16.2006
34.04 *indoor	Gord Frenke	(89)	Montreal, QC	02.18.2012
34.24 *dome	Frenke		Ottawa, ON	01.14.2012
34.24 *dome	Fenke		Ottawa, ON	02.11.2012
34.66 *indoor	Frenke		Montreal, QC	01.28.2012
34.10 *dome	Ramon Monsour	(90)	Ottawa, ON	01.17.2009
34.48 *dome	Monsour		Ottawa, ON	02.07.2009
34.87 *indoor	Monsour		Montreal, QC	01.31.2009
34.13	Paul Chauvin	(81)	Ottawa, ON	06.22.2005
34.14	Lyndon, George	(65)	Ottawa, ON	07.23.1997
34.22 *dome	Oluseyi Smith	(87)	Ottawa, ON	01.16.2010
34.29	Brian Cummings	(86)	Ottawa, ON	08.03.2005

35.00 *dome	Cummings		Ottawa, ON	01.17.2009
34.45 *dome	Moussa Sissoko	(85)	Ottawa, ON	01.24.2009
34.60 *dome	Sissoko		Ottawa, ON	12.17.2011
34.82 *indoor	Sissoko		Montreal, QC	01.30.2010
34.50 *dome	Stuart Pearson	(89)	Ottawa, ON	02.07.2009
34.70	Pearson		Montreal, QC	12.05.2009
35.02 *dome	Pearson		Ottawa, ON	02.13.2010
34.56 *indoor	Daniel Barbarie	(82)	South Bend, IN	02.04.2005
34.61 *indoor	Ryan Therrien	(83)	Montreal, QU	12.15.2001
34.62 *dome	Isaiah Moses	(93)	Ottawa, ON	12.17.2011
34.75 *dome	Toluwalope Makinde	(93)	Ottawa, ON	02.11.2012
34.91	Makinde		Ottawa, ON	07.14.2010
34.99 *dome	Makinde		Ottawa, ON	12.17.2011
34.82	Dan Kotylak	(82)	Ottawa, ON	07.01.2004
34.88	Juan Abreu	(72)	Ottawa, ON	07.09.2003
35.00 *dome	Balarama Holness	(83)	Ottawa, ON	02.02.2008
35.03 *dome	Richard Adu-Bobie	(85)	Ottawa, ON	12.17.2011
35.10 *dome	Gordon Cave	(91)	Ottawa, ON	02.07.2009
35.15	Denray Jean-Jacques	(93)	Ottawa, ON	07.28.2010
35.17 *indoor	Ken LeBlanc	(68)	Sherbrooke, QU	02.09.1986
35.20	Dominic Esposito	(79)	Ottawa, ON	07.09.2003
35.22 *indoor	Brian Alford	(69)	Windsor, ON	03.07.1992
35.28 *indoor	Lyndon George	(65)	Sherbrooke, QU	01.16.1999
35.35 *indoor	Brian Cummings	(86)	Montreal, QU	02.19.2005
35.39	Cameron Smithers	(91)	Ottawa, ON	07.14.2010
35.42	Lawrence Williams	(70)	Ottawa, ON	07.09.2003
35.45 *dome	Jeremy Batt	(89)	Ottawa, ON	12.19.2009
35.49	Dave McQuinn	(76)	Ottawa, ON	06.29.1994
35.49 *dome	Alamou Souhalia	(79)	Ottawa, ON	03.12.2006
35.53 *indoor	Michael Prime	(89)	Montreal, QC	01.31.2009
35.56 *dome	Tyler Fawcett	(88)	Ottawa, ON	02.13.2010
35.75	Shane Kelly	(89)	Ottawa, ON	06.15.2011
35.82 *dome	Christian Desulme	(90)	Ottawa, ON	12.13.2008
35.87	Antoine Despres-Bedward	(87)	Ottawa, ON	06.21.2006
35.88 *indoor	Craig Hutton	(64)	Montreal, QU	02.23.1991
35.93 *dome	Storm Patterson	(91)	Ottawa, ON	02.07.2009
36.02	Eric Nelson	(82)	Montreal, QU	03.05.2000
36.02	Lawrence Williams	(70)	Ottawa, ON	07.26.2006
36.05 *dome	Roland Vikou	(86)	Ottawa, ON	01.19.2008
36.16	Chase Gregoire	(91)	Ottawa, ON	07.07.2010
36.20 *dome	Jack Ohlsen	(88)	Ottawa, ON	02.24.2007
36.24 *dome	David Wilson	(91)	Ottawa, ON	02.12.2011
36.31 *dome	Gabriel Tefaye	(92)	Ottawa, ON	12.18.2010
36.31 *dome	Corey Burchill	(95)	Ottawa, ON	02.11.2012
36.32	Eric Daw	(79)	Montreal, QU	03.04.2000
36.32 *indoor	Tony Risling	(89)	Montreal, QU	01.26.2008
36.33 *dome	Matthew Bedard	(96)	Ottawa, ON	02.11.2012
36.34 *dome	Spencer Bell	(91)	Ottawa, ON	02.07.2009
36.38	Myles Sreblowski	(84)	Ottawa, ON	07.09.2003
36.38 *dome	Jason Persaud	(92)	Ottawa, ON	02.12.2011
36.40 *indoor	Olivier Gauthier-Kwan	(89)	Montreal, QC	01.21.2009
36.48	Gregory Lancop	(85)	Ottawa, ON	07.09.2003
36.57	Michael Chieffallo	(85)	Ottawa, ON	06.21.2006
36.74 *dome	Michael Warchol	(90)	Ottawa, ON	02.07.2009
36.76 *dome	Hubert Chevrette-Belisle	(90)	Ottawa, ON	02.11.2012
36.82	Matt Volpi	(86)	Ottawa, ON	07.21.2010
36.87 *dome	Jordan Alexis	(88)	Ottawa, ON	02.19.2006
36.91 *dome	Matt Basler	(91)	Ottawa, ON	01.24.2009

WOMEN (Threshold Ranking 43.00)

37.03	Esther Akinsulie	(84)	Dusseldorf, GER	08.10.2009
37.59 *indoor	Akinsulie		Winnipeg, MB	02.06.2010
37.82 *dome	Akinsulie		Ottawa, ON	12.17.2011
37.83 *dome	Akinsulie		Ottawa, ON	01.14.2012
37.90 *dome	Akinsulie		Ottawa, ON	02.07.2009
37.96	Akinsulie		Ottawa, ON	08.03.2005
38.02 *dome	Akinsulie		Ottawa, ON	01.15.2011
38.09 *indoor	Akinsulie		Montreal, QU	01.26.2008
38.22 *dome	Akinsulie		Ottawa, ON	01.27.2007
38.54 *indoor	Akinsulie		Montreal, QU	02.19.2005
38.69 *dome	Akinsulie		Ottawa, ON	01.28.2006
38.82	Isabelle Gervais	(77)	Ottawa, On	07.25.2001
40.17 *indoor	Gervais		Sherbrooke, QU	02.27.1999
41.27 *indoor	Gervais		Montreal, QU	03.02.2001
39.29 *indoor	Christiane Lela	(88)	Montreal, QU	03.07.2008
39.49 *indoor	Lela		Toronto, ON	02.38.2009
39.65	Lela		Ottawa, ON	08.16.2006
39.80 *indoor	Lela		Montreal, QU	01.25.2008
40.09 *dome	Lela		Ottawa, ON	01.27.2007
39.15 *indoor	Alicia Brown	(90)	Windsor, ON	03.11.2010
39.48	Brown		Ottawa, ON	07.21.2010
39.58 *indoor	Brown		Notre Dame, IN	02.06.2010
39.54	Ashlea Maddex	(92)	Ottawa, ON	07.07.2010
39.60 *indoor	Julia Tousaw	(89)	Montreal, QC	02.21.2009
40.41 *indoor	Tousaw		Montreal, QU	02.16.2008
39.67	Fiona Calender	(92)	Ottawa, ON	07.21.2010
40.05	Calender		Ottawa, ON	07.07.2010
40.72	Calender		Ottawa, ON	07.13.2011
39.70 *indoor	Ashley Purnell	(83)	Montreal, QU	02.09.2002
40.08 *indoor	Purnell		Montreal, QU	03.03.2002
40.50 *indoor	Purnell		Montreal, QU	03.01.2001
39.74	Chantale Dejardin	(75)	Ottawa, ON	07.13.1994
39.74 *indoor	Bailey Lewis	(86)	Montreal, QU	12.10.2003
40.10	Maureen Doody	(71)	Ottawa, ON	07.16.1999
40.29	Emilie Halle	(90)	Ottawa, ON	06.17.2009
40.34 *indoor	Leanne Wall	(73)	Downsview, ON	03.09.1993
40.52 *dome	Shelani Fernando	(95)	Ottawa, ON	02.12.2011
40.87 *dome	Victoria McIntyre	(95)	Ottawa, ON	02.11.2012
40.99	Amanda Vincent	(73)	Ottawa, ON	07.03.1996
41.09 *dome	Charifa Labarang	(95)	Ottawa, ON	12.17.2011
41.13 *dome	Sarah Gariba	(91)	Ottawa, ON	02.07.2009
41.30 *indoor	Farah Jacques	(91)	Canton, NY	12.03.2011
41.45 *indoor	Andrea White	(86)	Montreal, QU	01.28.2006
41.45 *dome	Ashley Wilson	(90)	Ottawa, ON	12.13.2008
41.53 *dome	Lauren Seibel	(82)	Ottawa, ON	01.19.2008
41.55 *dome	Andrea Dubuc	(91)	Ottawa, ON	01.14.2012
41.60 *indoor	Alison Cameron-Vendrig	(89)	Montreal, QC	02.21.2009
41.61 *dome	Gift Okankwu	(92)	Ottawa, ON	12.13.2008
41.67	Amelia Brohman	(94)	Ottawa, ON	07.15.2009
41.72	Melissa Bishop	(88)	Ottawa, ON	07.06.2005
41.86	Lindsay Spoerri	(96)	Ottawa, ON	07.13.2011
41.87 *indoor	Leslie Estwick	(60)	Sherbrooke, QU	01.14.1991
41.89 *dome	Nadine Johnson	(88)	Ottawa, ON	02.12.2011
41.90 *dome	Caitlin Fortier	(89)	Ottawa, ON	02.03.2007
42.07 *dome	Samantha Murphy	(92)	Ottawa, ON	02.13.2010
42.14 *indoor	Miranda Kirby	(68)	Ottawa, ON	01.28.1983
42.21 *dome	Amanda McKinnon	(94)	Ottawa, ON	02.12.2011
42.22 *dome	Bridget Hayes	(95)	Ottawa, ON	12.17.2011
42.23 *dome	Karelle Edwards	(90)	Ottawa, ON	02.24.2007
42.25 *indoor	Roslyn McGilvery	(76)	Sherbrooke, QU	01.23.1993
42.28 *dome	Josee Charron	(89)	Ottawa, ON	02.24.2007
42.39 *indoor	Dana Buchanan	(84)	Montreal, QU	02.17.2001
42.41 *dome	Catherine Lajeunesse	(90)	Ottawa, ON	01.13.2007
42.44 *indoor	Michelle Patterson	(73)	Montreal, QU	02.07.1991

42.47	Rachel Aubry	(89)	Ottawa, ON	07.05.2006
42.52 *dome	Alexandra Telford	(96)	Ottawa, ON	02.11.2012
42.56 *dome	Lindsay Spoerri	(96)	Ottawa, ON	12.17.2011
42.59	Alexandra Chiarelli	(96)	Ottawa, ON	07.03.2011
42.67 *indoor	Charlotte Gardner	(94)	Montreal, QC	02.18.2012
42.72	Michele Krech	(86)	Ottawa, ON	07.07.2010
42.75 *indoor	Evelyn Scott	(93)	Montreal, QC	02.19.2011
42.78 *dome	Sheniz Eryuzlu	(94)	Ottawa, ON	01.15.2011
42.83 *dome	Emma Galbraith	(94)	Ottawa, ON	01.15.2011
42.87 *dome	Jocelyn Poirier	(88)	Ottawa, ON	01.28.2006
42.90	Anna Stolle	(93)	Ottawa, ON	07.07.2010
42.94 *indoor	Stephanie Plamondon	(71)	Windsor, ON	02.26.1991

400 Meters

MEN

(Threshold Ranking 50.00)

46.60	Michael Robertson	(89)	Windsor, ON	05.29.2010
46.70	Robertson		Atlanta, GA	05.15.2010
46.77	Robertson		Downsview, ON	06.12.2010
46.81	Robertson		Miramar, FL	06.11.2011
46.84	Robertson		London, ON	06.13.2009
46.85	Robertson		Ottawa, ON	05.07.2009
46.91	Robertson		Sudbury, ON	05.14.2010
46.96	Robertson		Canton, NY	05.09.2009
46.96	Robertson		Calgary, AB	06.25.2011
47.20	Robertson		Shenzen, CHN	08.16.2011
47.32	Robertson		Ottawa, ON	05.28.2011
47.37 *dome	Robertson		Ottawa, ON	03.05.2011
47.48	Robertson		Abbotsford, BC	07.26.2008
47.49 *indoor	Robertson		Boston, MA	02.14.2009
47.64	Robertson		Abbotsford, BC	07.27.2007
46.77	Lyndon George	(65)	Flagstaff, AZ	07.17.1999
46.95	George		Flagstaff, AZ	07.08.2000
47.03	George		Winnipeg, MB	06.26.1999
47.10	George		1998	
47.27	George		Abbotsford, BC	07.19.1997
48.06	George		Sherbrooke, QU	06.10.2001
46.91	Lawrence Ringwald	(76)	Flagstaff, AZ	07.19.1999
47.08	Ringwald		Calgary, AB	07.30.2001
47.11	Ringwald		Logan, UT	04.25.2000
47.14	Ringwald		Ottawa, ON	07.13.2000
47.16	Ringwald		Winnipeg, MB	06.26.1999
47.24	Ringwald		Downsview, ON	05.13.2001
47.06	Phillip Hughes	(67)	Kyoto, Japan	08.31.1985
47.08	Hughes		Provo, UT	05.25.1991
47.63	Hughes		Ottawa, ON	08.04.1989
47.63	Hughes		Belfast, N. Ireland	06.25.1990
47.20	Todd Pyper	(87)	San Luis, MEX	05.19.2007
47.28	Pyper		San Luis, MEX	05.17.2007
47.48	Pyper		Windsor, ON	07.12.2007
47.49	Pyper		Belleville, ON	05.25.2006
47.58	Devin Biocchi	(92)	Ithaca, NY	05.01.2011
47.59	Biocchi		Miramar, FL	07.22.2011
47.75	Biocchi		Toronto, ON	06.12.2011
47.87	Biocchi		Winnipeg, MB	07.10.2011
47.88	Biocchi		Toronto, ON	06.12.2011
48.33	Biocchi		London, ON	06.03.2010
48.44 *indoor	Biocchi		New York City, NY	02.04.2011
48.50	Biocchi		Moncton, NB	07.03.2010
48.54	Biocchi		Sudbury, ON	08.14.2010
48.74	Biocchi		Ottawa, ON	06.26.2010
49.37	Biocchi		London, ON	06.13.2009
47.77	Ryan Therrien	(83)	Chapel Hill, NC	04.16.2004

47.78	Therrien		Edmonton, AB	06.21.2002
47.79	Therrien		Calgary, AB	07.28.2001
47.80	Therrien		Ottawa, ON	06.25.2003
47.84	Ray Cardinal	(46)	Phoenix, AZ	08.24.1984
48.87	Cardinal		Ottawa, ON	08.06.1983
49.46 *indoor	Cardinal		Sherbrooke, QU	02.26.1983
47.85	Ken LeBlanc	(68)	Ottawa, ON	06.06.1986
49.63	LeBlanc		Etobicoke, ON	06.07.1985
47.92	Brian Cummings	(86)	Windsor, ON	07.29.2005
47.95	Cummings		Windsor, ON	07.05.2008
48.04	Cummings		Montreal, QU	07.07.2005
48.00	Gord Frenke	(89)	Calgary, AB	06.25.2011
48.10	Frenke		Calgary, AB	06.24.2011
48.01	Paul Chauvin	(81)	Downsview, ON	06.12.2004
48.03	Chauvin		Ottawa, ON	06.09.2004
48.28	Chauvin		Ottawa, ON	08.03.2002
48.34	Chauvin		Kitchener, ON	08.02.2003
48.75	Chauvin		St. Laurent, QC	05.22.2010
48.23	Denray Jean-Jacques	(94)	Winnipeg, MB	07.10.2011
48.23	Jean-Jacques		Isle of Man, GBR	09.09.2011
48.43	Jean-Jacques		Toronto, ON	07.24.2011
48.64	Jean-Jacques		Ottawa, ON	07.03.2011
48.76	Jean-Jacques		Winnipeg, MB	07.10.2011
49.04	Jean-Jacques		Ottawa, ON	08.07.2010
48.28	Craig Hutton	(64)	Ottawa, ON	07.05.1989
48.35	Hutton		Etobicoke, ON	07.22.1990
48.35	Hutton		Etobicoke, ON	07.21.1990
48.49	Hutton		Sherbrooke, QU	06.08.1991
48.42	Sasha Cesaratto	(77)	Eugene, OR	05.22.2003
48.71	Cesaratto		Ottawa, ON	06.19.2004
49.60	Cesaratto		Palo Alto, CA	05.13.2001
48.50	Dominic Esposito	(79)	London, ON	06.29.2001
48.58 *dome	Stuart Pearson	(89)	Ottawa, ON	03.06.2010
48.58	Isaiah Moses	(93)	Toronto, ON	06.12.2011
48.81	Moses		Sudbury, ON	06.03.2011
48.99	Moses		Sudbury, ON	06.02.2011
49.21	Moses		Ottawa, ON	05.19.2011
49.26	Moses		Ottawa, ON	05.27.2011
49.51	Moses		Ottawa, ON	08.07.2010
48.73	Oluwasegun Makinde	(91)	Ottawa, ON	04.30.2009
48.82	Dan Kotylak	(82)	Ottawa, ON	07.14.2004
48.82	Cameron Smithers	(91)	Ottawa, ON	07.13.2011
49.24	Smithers		Sudbury, ON	08.14.2010
48.88	Rick Brant	(67)	Saskatoon, SK	07.25.1987
48.93	Josh McRae	(88)	St. Laurent, QU	06.09.2007
49.19	David McQuinn	(76)	Ottawa, ON	06.14.1995
49.20	Reid Gustavson	(88)	Calgary, AB	06.22.2011
49.31	Gordon Cave	(91)	Ottawa, ON	04.30.2009
49.34	Matthew Deeks	(88)	Ottawa, ON	05.15.2006
49.36	Lesago Toteng	(77)	Ottawa, ON	06.19.2004
49.36	Daniel Moreland	(88)	Belleville, ON	05.25.2006
49.42	Charles Ross	(79)	Sudbury, ON	07.19.1996
49.43	Juan Abreu	(72)	Ottawa, ON	07.13.2001
49.44	David Elgood	(71)	Downsview, ON	07.29.1990
49.45	Glenroy Gilbert	(68)	Ottawa, ON	07.10.1991
49.46	Michael Prime	(89)	Ottawa, ON	06.08.2007
49.51	Jeremy Batt	(89)	Ottawa, ON	07.29.2009
49.52 *dome	Michal Warchol	(91)	Ottawa, ON	04.23.2009
49.62	Martin Cyr-Hicks	(73)	Downsview, ON	07.23.1993
49.65	Ramon Monsour	(90)	Ottawa, ON	05.07.2009
49.65	Toluwalope Makinde	(93)	Ottawa, ON	05.19.2011
49.72	Sean Young	(83)	Ottawa, ON	06.17.2009
49.76	Matt Basler	(91)	Ottawa, ON	07.07.2010
49.85	Chris Wilson	(71)	Ottawa, ON	07.04.1990
49.89	Brian Alford	(69)	Ottawa, ON	07.19.1989

WOMEN

(Threshold Ranking 60.00)

51.70	Esther Akinsulie	(84)	Belgrade, SER	07.09.2009
51.72	Akinsulie		San Luis, MEX	05.17.2007
51.89	Akinsulie		Provo, UT	05.23.2008
52.00	Akinsulie		Windsor, ON	07.05.2008
52.13	Akinsule		Atlanta, GA	05.17.2008
52.22	Akinsulie		San Luis, MEX	05.15.2007
52.33	Akinsulie		Calgary, AB	06.25.2011
52.39	Akinsulie		Eagle Rock, CA	05.09.2009
52.58	Akinsulie		Toronto, ON	06.27.2009
52.91	Akinsulie		Ottawa, ON	08.05.2006
52.93	Akinsulie		Toronto, ON	07.13.2011
53.41	Akinsulie		Regina, SK	08.16.2005
53.37 *indoor	Rosey Edeh	(66)	Dallas, TX	02.16.1990
53.57	Edeh		Etobicoke, ON	07.29.1989
53.65 *indoor	Edeh		Indianapolis, IN	03.10.1990
54.24 *indoor	Edeh		Indianapolis, IN	03.10.1989
53.57 *indoor	Ashley Purnell	(83)	Seattle, WA	03.05.2005
54.38	Lauren Seibel	(82)	Windsor, ON	07.05.2008
54.61	Seibel		Ottawa, ON	06.04.2008
54.80	Seibel		Windsor, ON	07.04.2008
54.84	Seibel		Gainesville, FL	04.06.2007
54.53	Bailey Lewis	(86)	Saskatoon, SK	07.24.2004
55.33	Lewis		Downsview, ON	06.12.2004
55.56	Lewis		Montreal, QU	07.08.2005
55.87	Lewis		Kitchener, ON	08.02.2003
56.28 *indoor	Lewis		Syracuse, NY	02.05.2005
54.60	Grace Verbeek	(58)	Downsview, ON	07.04.1987
54.97	Verbeek		Ottawa, ON	07.24.1988
55.47 *indoor	Verbeek		Downsview, ON	02.08.1987
54.64	Isabelle Gervais	(77)	Ottawa, ON	07.28.2001
54.66	Gervais		Ottawa, ON	07.13.2001
54.68	Gervais		Flagstaff, AZ	07.04.2000
54.82	Gervais		Long Beach, CA	04.17.1999
54.86	Gervais		Sarnia, ON	07.26.1998
56.96 *indoor	Gervais		Saskatoon, SK	01.09.2000
55.55	Christiane Lela	(88)	Abbotsford, BC	07.28.2007
55.84	Lela		St. Laurent, QU	06.07.2008
56.39	Lela		Ottawa, ON	08.05.2006
56.79 *indoor	Lela		Boston, MA	02.08.2008
55.69	Julia Tousaw	(89)	Ottawa, ON	06.04.2008
55.94	Tousaw		St. Laurent, QU	06.07.2008
56.01	Tousaw		Ottawa, ON	05.10.2008
56.84 *indoor	Tousaw		Boston, MA	02.08.2008
56.84	Tousaw		Toronto, ON	06.27.2009
57.04	Tousaw		Ottawa, ON	05.28.2011
55.70	Emilie Halle	(90)	Brockville, ON	05.30.2009
55.84	Halle		Windsor, ON	07.03.2009
57.08	Halle		Abbotsford, BC	07.27.2007
57.17 *indoor	Halle		Boston, MA	02.13.2009
57.79	Halle		Ottawa, ON	05.29.2008
55.62	Fiona Callender	(92)	London, ON	06.03.2010
55.70	Callender		Toronto, ON	07.30.2010
55.73	Callender		Toronto, ON	07.31.2010
55.95	Callender		London, ON	06.03.2010
56.01	Callender		Toronto, ON	06.05.2009
56.21	Callender		Ottawa, ON	05.21.2009
56.24	Callender		Moncton, NB	07.02.2010
56.68 *dome	Callender		Ottawa, ON	03.06.2010
56.90	Callender		Sherbrooke, QC	08.09.2008
56.94 *indoor	Callender		Boston, MA	02.13.2009
57.60	Callender		Ottawa, ON	06.08.2007
58.44	Callender		Sherbrooke, QC	07.30.2011
55.94	Chantale Dejardin	(75)	Ottawa, ON	06.11.1993
56.00	Melissa Bishop	(88)	Indianapolis, IN	06.15.2011
56.21	Bishop		Ottawa, ON	07.16.2010
56.27	Bishop		Windsor, ON	06.26.2010

56.30	Bishop		Ottawa, ON	05.28.2005
56.46	Bishop		Ottawa, ON	07.17.2004
56.59	Bishop		Sudbury, ON	08.08.2004
56.93	Bishop		Downsview, ON	06.14.2003
56.94	Bishop		St. Catharines	06.07.2003
57.50 *indoor	Bishop		Syracuse, NY	02.05.2005
56.09	Alicia Brown	(90)	Sudbury, ON	08.14.2010
56.51	Brown		Ottawa, ON	06.26.2010
56.60	Brown		North York, ON	06.12.2010
56.62	Brown		Toronto, ON	07.30.2010
57.40	Brown		Ottawa, ON	07.08.2009
57.74	Brown		Charlottetown, PEI	07.18.2009
57.87	Brown		Ottawa, ON	06.29.2007
58.91	Brown		Ottawa, ON	05.08.2008
56.10	Samantha Murphy	(92)	Toronto, ON	06.12.2011
56.76	Murphy		London, ON	06.13.2009
56.81	Murphy		London, ON	06.03.2010
56.85	Murphy		London, ON	06.03.2010
57.07	Murphy		London, ON	06.13.2009
57.09	Murphy		Moncton, NB	07.02.2010
57.23	Murphy		Brockville, ON	06.21.2009
57.55	Murphy		Ottawa, ON	08.14.2008
56.22	Rachel Aubry	(90)	Ottawa, ON	06.21.2008
56.43	Aubry		Windsor, ON	07.03.2009
56.51	Aubry		Windsor, ON	07.04.2009
56.56	Aubry		Abbotsford, BC	07.26.2008
56.68	Aubry		Abbotsford, BC	07.25.2008
56.91	Aubry		Brockville, ON	05.30.2009
56.33	Evelyn Scott	(93)	Sudbury, ON	06.02.2011
56.90	Scott		Ottawa, ON	06.27.2010
56.97	Scott		London, ON	06.03.2010
57.03	Scott		Sudbury, ON	06.03.2011
57.08	Scott		London, ON	06.03.2010
57.08	Scott		Winnipeg, MB	07.10.2011
57.19	Scott		London, ON	07.24.2010
57.86	Scott		Moncton, NB	07.02.2010
56.42	Ashlea Maddex	(92)	Ottawa, ON	06.26.2010
56.81	Dana Buchanan	(84)	St. Catharines, ON	06.07.2003
56.98 *indoor	Gift Okankwu	(92)	Boston, MA	02.13.2009
57.13	Okankwu		London, ON	06.13.2009
57.42	Okankwi		Windsor, ON	07.03.2009
57.66	Okankwu		Sherbrooke, QU	08.09.2009
57.70	Okankwu		Ottawa, ON	06.24.2009
58.21	Okankwu		Ottawa, ON	08.14.2008
57.07	Penny Ingram	(73)	Sudbury, ON	06.05.1992
57.35	Julia Carew	(85)	St. Catharines, ON	07.06.2003
57.66	Sarah Gariba	(91)	London, ON	06.13.2009
57.62	Gariba		London, ON	06.13.2009
57.90	Gariba		Ottawa, ON	05.21.2009
58.05	Gariba		Toronto, ON	06.05.2009
58.29	Gariba		Toronto, ON	06.04.2009
57.68	Victoria McIntyre	(95)	Sudbury, ON	06.02.2011
58.10	McIntyre		Ottawa, ON	05.19.2011
58.24	McIntyre		Ottawa, ON	05.27.2011
58.30	McIntyre		Sudbury, ON	06.02.2011
57.70	Amanda Vincent	(73)	Sudbury, ON	07.19.1996
57.76	Jennie Biewald	(88)	Ottawa, ON	08.06.2005
57.83 *dome	Kelly Young	(84)	Ottawa, ON	01.08.2006
58.08	Michelle Patterson	(73)	Etobicoke, ON	07.22.1990
58.17	Anne LeBel	(79)	Ottawa, ON	06.28.1995
58.31	Sheniz Eryuzlu	(94)	Ottawa, ON	05.27.2011
58.35	Andrea White	(86)	Downsview, ON	08.06.2005
58.72	Tamara Evers	(75)	Sherbrooke, QU	07.08.1993
58.79	Victoria Floyd	(88)	Etobicoke, ON	06.03.2006
58.90	Stephanie Plamondon	(71)	Ottawa, ON	08.15.1990
58.92	Josee Charron	(89)	Ottawa, ON	06.29.2007
58.94	Amanda McKinnon	(94)	London, ON	06.03.2010
59.09	Emma Galbraith	(94)	Ottawa, ON	07.07.2010

59.13	Brianna Dowdell	(91)	Belleville, ON	05.25.2006
59.16 *indoor	Alison Cameron-Vendrig	(89)	Boston, MA	02.13.2009
59.18 *dome	Karelle Edwards	(90)	Ottawa, ON	04.24.2008
59.40 *dome	Nadine Johnson	(88)	Ottawa, ON	03.05.2011
59.49	Charmaine Wilson	(73)	Calgary, AB	1987
59.49	Katie Engel	(87)	Ottawa, ON	06.22.2005
59.58	Sandra Bucciarelli	(63)	Etobicoke, ON	04.21.1990
59.67	Cierra Gaudet	(92)	Ottawa, ON	05.28.2011
59.75	Anna Stolle	(93)	Timmins, ON	07.25.2009

500 Meters

MEN

(Threshold Ranking tba)

1:03.28 *indoor	Michael Robertson	(89)	NYC, NY	02.03.2012
1:04.42 *indoor	Paul Chauvin	(81)	Boston, MA	02.14.2009
1:05.47 *indoor	Devin Biocchi	(92)	NYC, NY	02.03.2012
1:06.44 *indoor	Sean Young	(83)	Boston, MA	02.14.2009
1:06.89 *indoor	Cameron Smithers	(91)	Canton, NY	01.22.2011
1:07.09 *indoor	Saj Alhaddad	(92)	Canton, NY	12.03.2011
1:07.27 *indoor	Codie Primeau	(92)	NYC, NY	02.03.2012
1:07.98 *indoor	Hubert Chevrette Belisle	(90)	NYC, NY	02.03.2012
1:08.97 *indoor	Moussa Sissoko	(85)	Canton, NY	12.03.2011
1:09.58 *indoor	Matt Fouzie	(92)	Canton, NY	12.03.2011

WOMEN

(Threshold Ranking tba)

1:11.74 *dome	Esther Akinsulie	(84)	Ottawa, ON	02.13.2010
1:14.78 *indoor	Fiona Callender	(92)	New York City, NY	02.03.2012
1:14.84 *indoor	Jennifer Perrault	(88)	Canton, NY	12.03.2011
1:21.90 *indoor	Christianne Lela	(88)	Canton, NY	01.21.2012
1:22.14 *indoor	Zeena Rahsid	(91)	Canton, NY	01.22.2011
1:23.69 *indoor	Anna Stolle	(93)	New York City, NY	02.03.2012

600 Meters

MEN

(Threshold Ranking 1:25.00)

1:18.02 *indoor	Richard Brant	(67)	Sherbrooke QU	01.24.1988
1:18.45 *dome	Michael Robertson	(89)	Ottawa, ON	12.13.2008
1:18.53 *indoor	Robertson		Montreal, QC	01.29.2010
1:18.76 *dome	Robertson		Ottawa, ON	12.17.2011
1:18.80 *dome	Robertson		Ottawa, ON	11.27.2009
1:18.92 *dome	Robertson		Ottawa, ON	02.07.2009
1:18.92 *indoor	Robertson		Downsview, ON	02.27.2010
1:20.73 *dome	Robertson		Ottawa, ON	11.25.2006
1:20.83 *dome	Robertson		Ottawa, ON	01.13.2007
1:21.08 *indoor	Robertson		Montreal, QU	01.25.2008
1:19.37 *dome	Gordon Frenke	(89)	Ottawa, ON	02.11.2012
1:19.40 *indoor	Craig Hutton	(64)	Sherbrooke, QU	02.24.1990
1:20.46 *indoor	Hutton		Sherbrooke, QU	01.24.1988
1:20.56 *indoor	Hutton		Sherbrooke, QU	01.20.1990
1:19.43 *indoor	Brian Cummings	(86)	Montreal, QU	03.08.2008
1:19.53 *indoor	Cummings		Montreal, QU	03.06.2008
1:19:59 *dome	Cummings		Ottawa, ON	01.27.2007

1:19.60	Cummings		Ottawa, ON	07.26.2006
1:19.64 *dome	Cummings		Ottawa, ON	01.19.2008
1:19.47 *indoor	Phillip Hughes	(67)	Sherbrooke, QU	02.24.1990
1:20.44 *indoor	Hughes		Sherbrooke, QU	01.20.1990
1:20.71 *indoor	Hughes		Sherbrooke, QU	01.22.1989
1:19.62 *dome	Paul Chauvin	(81)	Ottawa, ON	12.16.2006
1:19.81 *dome	Chauvin		Ottawa, ON	01.27.2007
1:19.98 *dome	Chauvin		Ottawa, ON	01.24.2009
1:20.55 *dome	Chauvin		Ottawa, ON	11.22.2008
1:20.75 *dome	Chauvin		Ottawa, ON	12.13.2008
1:19.70 *indoor	Stuart Pearson	(89)	Montrea. QU	01.30.2010
1:20.89 *dome	Pearson		Ottawa, ON	12.19.2009
1:20.03	Sean Surerus	(74)	Ottawa, ON	08.13.1997
1:22.82 *indoor	Surerus		Sherbrooke, QU	01.23.1993
1:20.39 *dome	Sean Young	(83)	Ottawa, ON	02.24.2007
1:20.88 *dome	Young		Ottawa, ON	01.13.2007
1:20.95 *dome	Young		Ottawa, ON	01.24.2009
1:21.79 *indoor	Young		Montreal, QC	01.31.2009
1:20.50 *dome	Reda Benazzouz	(89)	Ottawa, ON	02.03.2007
1:21.55 *dome	Benazzouz		Ottawa, ON	11.25.2006
1:20.61	Ryan Therrien	(83)	Ottawa, ON	07.09.2003
1:20.75 *dome	Devin Biocchi	(92)	Ottawa, ON	12.17.2011
1:21.22 *indoor	Martin Cyr-Hicks	(73)	Sherbrooke, QU	01.22.1994
1:21.40 *indoor	Kevin Savard	(84)	Windsor, ON	02.23.2008
1:21.64 *dome	Gord Frenke	(89)	Ottawa, ON	12.17.2011
1:21.66 *indoor	Marc-Philippe Taillon	(87)	Montreal, QU	02.16.2008
1:21.91	Aidan Kennedy	(90)	Guelph, ON	06.05.2010
1:22.00 *dome	Matt Volpi	(86)	Ottawa, ON	02.03.2007
1:22.20 *dome	Codie Primeau	(92)	Ottawa, ON	02.12.2011
1:22.29 *indoor	Mark Powell		Montreal, QU	02.14.1988
1:22.29 *indoor	Noah Fleming	(87)	Montreal, QC	02.18.2012
1:22.31 *dome	Denray Jean-Jacques	(93)	Ottawa, ON	12.17.2011
1:22.34 *indoor	Kent Thexton	(63)	London, ON	01.20.1984
1:22.35 *dome	Cameron Smithers	(91)	Ottawa, ON	02.13.2010
1:23.22	Cody Boast	(91)	Ottawa, ON	07.21.2010
1:22.39 *dome	Kevin Brennan	(87)	Ottawa, ON	01.19.2008
1:22.50 *dome	Saj Alhaddad	(92)	Ottawa, ON	12.17.2011
1:22.62 *indoor	Brent McPherson		Montreal, QU	02.14.1988
1:23.03	Stuart McGregor	(79)	Ottawa, ON	07.06.2005
1:23.07 *dome	Jack Ohlsen	(88)	Ottawa, ON	02.13.2010
1:23.15	Chris Hrynkow	(77)	Ottawa, ON	07.09.2003
1:23.41 *dome	Adam Palamar	(94)	Ottawa, ON	01.15.2011
1:23.42 *dome	Andre Pelland	(89)	Ottawa, ON	12.19.2009
1:23.46 *dome	Kieran Day	(92)	Ottawa, ON	01.15.2011
1:23.62 *dome	Michal Warchol	(90)	Ottawa, ON	11.27.2009
1:23.80 *dome	Hubert Chevrette-Belisle	(90)	Ottawa, ON	01.14.2012
1:23.92 *dome	Andre Pelland	(89)	Ottawa, ON	01.16.2010
1:24.04 *dome	Adam Palamar	(94)	Ottawa, ON	01.14.2012
1:24.15 *dome	Kevin Boczar	(88)	Ottawa, ON	02.24.2007
1:24.21 *dome	Alex Hutton	(93)	Ottawa, ON	02.12.2011
1:24.24 *dome	Lawrence Williams	(70)	Ottawa, ON	01.13.2007
1:24.33 *dome	Barry Green	(82)	Ottawa, ON	03.12.2006
1:24.46	Dan Kotylak	(76)	Ottawa, ON	07.09.2003
1:24.47 *dome	Matt Volpi	(86)	Ottawa, ON	03.12.2006
1:24.69 *dome	Isaiah Moses	(93)	Ottawa, ON	01.16.2010
1:24.84 *indoor	Ray Cardinal	(46)	Ottawa, ON	02.02.1983
1:24.91 *dome	Matt Fouzie	(92)	Ottawa, ON	02.11.2012
1:24.99 *indoor	Dominic Belle-Isle	(74)	Montreal, QU	02.05.1994

WOMEN

(Threshold Ranking 1:41.00)

1;29.91 *dome	Jennifer Perrault	(88)	Ottawa, ON	02.11.2012
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1:30.99 *indoor	Perrault		Montreal, QC	01.28.2012
1:32.28 *dome	Perrault)	Ottawa, ON	01.14.2012
1:30.37	Melissa Bishop	(88)	Guelph, ON	06.05.2010
1:30.48 *indoor	Bishop		Windsor, ON	03.11.2010
1:31.54 *indoor	Bishop		Sherbrooke, QC	03.12.2011
1:32.52	Bishop		Ottawa, ON	08.08.2007
1:33.12 *indoor	Bishop		Windsor, ON	03.12.2009
1:33.88 *indoor	Bishop		Windsor, ON	02.23.2008
1:34.92 *indoor	Bishop		Montreal, QU	02.19.2005
1:30.82	Rachel Aubry	(90)	Ottawa, ON	07.16.2008
1:34.07 *indoor	Aubry		Windsor, ON	03.11.2010
1:35.08 *indoor	Aubry		Windsor, ON	01.16.2009
1:31.03 *indoor	Julia Tousaw	(89)	Toronto, ON	02.28.2009
1:31.23 *indoor	Tousaw		Windsor, ON	03.14.2009
1:31.60 *dome	Tousaw		Ottawa, ON	02.11.2012
1:31.61 *indoor	Tousaw		Montreal, QU	03.07.2008
1:32.10 *dome	Tousaw		Ottawa, ON	02.02.2008
1:32.32 *indoor	Tousaw		Windsor, ON	03.12.2009
1:32.83 *indoor	Tousaw		Montreal, QC	01.31.2009
1:32.87 *dome	Tousaw		Ottawa, ON	02.12.2011
1:33.14 *indoor	Tousaw		Montreal, QU	03.06.2008
1:33.68 *indoor	Tousaw		Windsor, ON	02.23.2008
1:31.08 *indoor	Grace Verbeek	(58)	Sherbrooke, QU	02.01.1987
1:31.63	Kelly Young	(84)	Ottawa, ON	07.16.2008
1:33.29	Young		Ottawa, ON	08.08.2007
1:31.90	Samantha Murphy	(92)	Ottawa, ON	07.21.2010
1:32.65 *dome	Murphy		Ottawa, ON	12.19.2009
1:34.39 *dome	Murphy		Ottawa, ON	01.16.2010
1:32.81	Anna Gunasekera	(71)	Ottawa, ON	07.10.1996
1:32.84 *dome	Emma Galbraith	(94)	Ottawa, ON	02.11.2012
1:32.87 *indoor	Isabelle Gervais	(77)	Montreal, QU	03.06.1999
1:33.30	Gervais		Ottawa, ON	08.01.2001
1:35.34 *indoor	Gervais		Sherbrooke, QU	01.16.1999
1:36.05 *indoor	Gervais		Saskatoon, SK	01.14.2001
1:36.09 *indoor	Gervais		Montreal, QU	02.13.1999
1:32.95 *indoor	Esther Akinsulie	(84)	Montreal, QC	02.21.2009
1:33.42	Akinsulie		Ottawa, ON	07.26.2006
1:33.68 *indoor	Akinsulie		Montreal, QC	01.30.2010
1:33.93	Akinsulie		Ottawa, ON	08.06.2008
1:33.06 *dome	Fiona Callender	(92)	Ottawa, ON	12.19.2009
1:33.75 *dome	Michele Krech	(86)	Ottawa, ON	02.11.2012
1:33.86	Dana Buchanan	(84)	Ottawa, ON	07.09.2003
1:33.97	Jenni Biewald	(88)	Ottawa, ON	07.26.2006
1:34.08 *indoor	Lauren Aldwinkle	(73)	Windsor, ON	03.05.1994
1:34.66	Sarah Dillabaugh	(73)	Ottawa, ON	08.01.2001
1:34.91 *dome	Emilie Halle	(90)	Ottawa, ON	11.22.2008
1:34.94 *indoor	Christine Whiteside	(63)	Windsor, ON	01.25.1986
1:35.25 *indoor	Emma Galbraith	(94)	Montreal, QC	01.28.2012
1:35.34 *dome	Gift Okankuw	(92)	Ottawa, ON	11.22.2008
1:35.77 *indoor	Andrea White	(86)	Toronto, ON	02.17.2006
1:36.29 *dome	Jennie Biewald	(88)	Ottawa, ON	02.19.2006
1:36.60 *indoor	Christiane Lela	(88)	Montreal, QC	01.20.2010
1:37.10	Bailey Lewis	(86)	Ottawa, ON	07.07.2004
1:38.11	Julia Malleck	(87)	Ottawa, ON	07.21.2010
1:38.12 *dome	Josee Charron	(89)	Ottawa, ON	02.03.2007
1:38.14 *indoor	Amanda Vincent	(73)	Windsor, ON	03.04.1994
1:34.?? *indoor	Vincent		??	02.???.1995
1:38.28 *indoor	Julia Hicks	(85)	Sherbrooke QU	03.04.2000
1:38.66 *dome	Sarah Boyd	(91)	Ottawa, ON	12.15.2007
1:38.79 *dome	Victoria Merrill	(87)	Ottawa, ON	12.17.2011
1:39.33 *dome	Leah Larocque	(89)	Ottawa, ON	01.27.2007
1:39.41	Jackie Bonisteel	(84)	Ottawa, ON	07.07.2004
1:39.65 *dome	Elysia Robertson	(86)	Ottawa, ON	02.04.2007
1:39.70	Mia St-Aubin	(85)	Ottawa, ON	07.21.2010
1:39.80 *dome	Shannon Walton	(94)	Ottawa, ON	01.14.2012

1:40.03 *indoor	Susie Egar	(82)	Montreal, QU	12.18.1999
1:40.30 *dome	Michele Krech	(86)	Ottawa, ON	02.13.2010
1:40.34 *indoor	Alison Armstrong	(61)	Toronto, ON	01.27.1984

800 Meters

MEN

(Threshold Ranking 2:00.00)

1:47.24	Rick Brant	(67)	Montreal, QU	08.04.1987
1:49.06	Brant		Burnaby, BC	06.09.1987
1:50.67	Brant		Athens, Greece	07.17.1986
1:51.49	Brant		Ottawa, ON	06.07.1986
1:48.66	Craig Hutton	(64)	Montreal, QU	08.11.1990
1:49.53	Hutton		Belfast, N. Ireland	06.25.1990
1:49.96	Hutton		Coquitlam, BC	08.15.1992
1:50.98	Hutton		Montreal, QU	07.07.1990
1:48.89	Scott MacDonald	(73)	Montreal, QU	07.08.1995
1:50.01	MacDonald		Dedham, MA	06.24.2000
1:50.11	MacDonald		Montreal, QU	06.27.1994
1:49.02	Sean Surerus	(74)	Richmond, BC	06.02.1996
1:49.17	Surerus		Kitchener, ON	07.07.1996
1:50.08	Surerus		Ottawa, ON	07.20.1994
1:51.11	Surerus		Burnaby, BC	06.06.1999
1:51.98	Surerus		Victoria, BC	08.12.2000
1:49.82	Kevin Savard	(85)	Windsor, ON	07.14.2007
1:51.43	Savard		Windsor, ON	07.05.2008
1:51.99	Savard		Ottawa, ON	07.02.2006
1:49.88	Richard Charette	(67)	Ottawa, ON	06.26.1991
1:50.15	Charette		Montreal, QU	07.08.1995
1:51.88	Charette		Ottawa, ON	07.20.1994
1:49.94	John Bowden	(69)	Gainesville, FL	05.02.1992
1:50.49	Bowden		Ottawa, ON	07.25.1990
1:50.60	Bowden		Montreal, QU	07.31.1991
1:50.91	Bowden		New Orleans, LA	05.15.1992
1:50.19	Steve Agar	(68)	Montreal, QU	06.10.1996
1:50.74	Kevin Waller	(64)	Montreal, QU	07.20.1985
1:50.94	Waller		Tillsonburg, ON	07.16.1983
1:51.22 *indoor	Mike Woods	(86)	University Park, PA	02.11.2006
1:52.95	Woods		Ann Arbor, MI	05.05.2007
1:51.30	Matt Bundle	(73)	Ottawa, ON	06.28.1995
1:51.40	Kip Sigsworth	(74)	Ottawa, ON	06.28.1995
1:51.44	Martin Cyr-Hicks	(73)	Montreal, QU	07.19.1993
1:51.73	Mohammed Souleiman	(93)	Winnipeg, MB	07.10.2011
1:52.72	Souleiman		Ottawa, ON	07.14.2010
1:52.81	Souleiman		Downsview, ON	06.13.2010
1:53.36	Souleiman		Winnipeg, MB	07.10.2011
1:53.47	Souleiman		Canton, NY	05.07.2010
1:53.66	Souleiman		Timmins, ON	07.10.2010
1:54.68	Souleiman		Ottawa, ON	07.29.2009
1:51.74	Sean Fitzgerald	(67)	Ottawa, ON	06.07.1986
1:51.82	Rob Cunningham	(71)	Ottawa, ON	06.16.1991
1:51.94	Ken Thexton	(63)	Burnaby, BC	06.09.1984
1:52.12	Phillip Hughes	(67)	Downsview, ON	06.16.1990
1:52.13	James Buchanan	(71)	Downsview, ON	06.16.1990
1:52.14	Glen Elliott	(62)	Montreal, QU	07.16.1986
1:52.31	Kip Sigsworth	(74)	Ottawa, ON	07.20.1994
1:52.40	Rob Muir	(68)	Ottawa, ON	06.07.1986
1:52.51	Sean Young	(83)	Windsor, ON	07.04.2009
1:52.54	Paul Fournier	(64)	Montreal, QU	08.10.1984
1:52.91	Sebastian Saville	(94)	Ottawa, ON	05.27.2011
1:53.14	Saville		Sudbury, ON	06.04.2011
1:53.19	Saville		Toronto, ON	06.12.2011

1:53.46	Saville		Winnipeg, MB	07.10.2011
1:57.93	Saville		London, ON	07.25.2010
1:52.92	Brian Cummings	(86)	Sherbrooke, QU	07.23.2006
1:53.08	Chris McGregor	(75)	Chapel Hill, NC	05. ? .1997
1:53.12	Reda Benazzouz	(89)	Ottawa, ON	07.01.2007
1:53.18	Kevin Brennan	(87)	Brockville, ON	05.30.2009
1:53.27	Allan Brett	(88)	Ottawa, ON	08.10.2005
1:53.49	Murray Link	(77)	Ottawa, ON	08.06.1994
1:53.60	Brent Edwards	(61)	Ottawa, ON	07.08.1984
1:53.63	Stuart McGregor	(79)	Ottawa, ON	08.10.2005
1:53.78	Aidan Kennedy	(90)	London, ON	06.19.2010
1:53.79	Kyle Milks	(90)	Ottawa, ON	05.29.2008
1:53.80	Andrew Edwards	(81)	Ottawa, ON	06.20.2001
1:53.88	Adam Lewandowski	(87)	Ottawa, ON	08.10.2005
1:53.88 *dome	Yves Sikubwabo	(93)	Ottawa, ON	03.05.2011
1:54.30	Eric Lascelles	(77)	Ottawa, ON	06.23.1996
1:54.34	Trevor Payne	(69)	Downsview, ON	07.26.1987
1:54.42	Chris Hrynkow	(77)	Cardiff, GBR	07.06.2003
1:54.51	Paul Chauvin	(81)	Kitchener, ON	08.03.2003
1:54.74	Kyle Desormeaux	(80)	Ottawa, ON	06.13.2007
1:54.87	Mya Aden	(84)	Ottawa, ON	06.20.2007
1:55.16	Stuart Pearson	(89)	Ottawa, ON	07.29.2009
1:55.56	Tyson Loney	(91)	Ottawa, ON	08.05.2010
1:55.58 *indoor	Grant Hoffman	(67)	Downsview, ON	02.02.1986
1:55.68	Danny Orr	(73)	Downsview, ON	07.23.1993
1:55.76	Cody Boast	(91)	Downsview, ON	06.13.2010
1:55.94	Mickey Day	(95)	Ottawa, ON	07.20.2011
1:56.00	Alex Hutton	(93)	Downsview, ON	06.12.2011
1:56.02	Josh Karanja	(84)	Ottawa, ON	06.23.2004
1:56.02	Andrew Harrietha	(88)	Ottawa, ON	06.11.2008
1:56.21	Thom Palmer	(87)	Etobicoke, ON	06.05.2004
1:56.44	Paul Dollemont	(69)	Ottawa, ON	06.03.1992
1:56.54	Sean McAlpine	(73)	Syracuse, NY	02.03.1991
1:56.65 *dome	Matt Volpi	(86)	Ottawa, ON	01.12.2008
1:56.71	Andrew Roberts	(86)	Ottawa, ON	06.23.2004
1:56.77	Kieran Day	(92)	Ithaca, NY	05.01.2011
1:56.80	Gary Kavanagh	(73)	Ottawa, ON	07.04.1990
1:56.84	David Lyall	(64)	Montreal, QU	07.16.1986
1:56.96 *indoor	Michael Robertson	(89)	Hanover, NH	01.10.2010
1:57.12	Scott Nelms	(81)	Ottawa, ON	07.15.2001
1:57.25 *dome	Marc-Philippe Taillon	(87)	Ottawa, ON	01.12.2008
1:57.39	Graham Spaul	(89)	Belleville, ON	06.01.2007
1:57.54	David Stewart	(48)	Cornwall, ON	07.26.1980
1:57.57	Ryan Peacock	(88)	Ottawa, ON	06.08.2005
1:57.63	Peter Hume		Etobicoke, ON	06.05.1982
1:58.14	Alex Berhe	(93)	Ottawa, ON	07.20.2011
1:58.15	Ryan Therrien	(83)	Ottawa, ON	07.23.2003
1:58.37	Aidan Kennedy	(90)	Ithaca, NY	05.03.2008
1:58.30	Tim Huebsch	(91)	Ottawa, ON	05.07.2009
1:58.39	Matt Stacey	(81)	Ottawa, ON	07.16.2003
1:58.54	Llew Edwards	(65)	Montreal, QU	05.29.1991
1:58.57	Matthew Brikis	(85)	Ottawa, ON	06.11.2003
1:58.82	Adam Palamar	(94)	Ottawa, ON	07.28.2010
1:59.14 *dome	Spencer Bell	(91)	Ottawa, ON	03.07.2009
1:59.32	Alain Boucher	(63)	Ottawa, ON	08.06.2008
1:59.40 *dome	Remy Binns	(91)	Ottawa, ON	03.05.2011
1:59.43	Cameron Smithers	(89)	Ottawa, ON	07.29.2009
1:59.65	Philip Wheeler	(90)	Ottawa, ON	06.22.2008
1:59.66	Stephen Drew	(77)	Ottawa, ON	07.16.2003
1:59.70	Travis Holmes	(87)	Ottawa, ON	06.08.2005

1:59.80	Jack Ohlsen	(88)	Ottawa, ON	07.29.2009
1:59.86	Kyle Mackie	(90)	Ottawa, ON	06.08.2011
1:59.89	Lyndon George	(65)	Ottawa, ON	06.20.2001
1:59.99	Dominic Belle-Isle	(73)	Ottawa, ON	06.08.1994
??	Jason McLean	(78)	Where are your stats?	

WOMEN

(Ranking Threshold 2:20.00)

2:02.19	Grace Verbeek	(58)	Abbotsford, BC	06.12.1988
2:02.40	Verbeek		Ottawa, ON	07.29.1988
2:02.73	Verbeek		Burnaby, BC	06.05.1988
2:03.13	Verbeek		Ottawa, ON	08.06.1988
2:04.54	Verbeek		Montreal, QU	08.04.1987
2:04.95	Verbeek		Montreal, QU	08.08.1990
2:04.98	Verbeek		Montreal, QU	07.31.1991
2:02.69	Melissa Bishop	(88)	Vancouver, BC	07.01.2011
2:02.80	Bishop		Karlstad, SWE	08.02.2011
2:02.92	Bishop		Victoria, BC	07.03.2011
2:03.96	Bishop		Indianapolis, IN	06.11.2011
2:04.12	Bishop		Toronto, ON	07.28.2010
2:04.74	Bishop		Indianapolis, IN	06.16.2010
2:04.83	Bishop		Windsor, ON	05.21.2011
2:05.66	Bishop		Miramar, FL	07.10.2010
2:05.88 *indoor	Bishop		Notre Dame, IN	02.06.2010
2:06.77	Bishop		Beirut, LEB	10.03.2009
2:07.07	Bishop		Beirut, LEB	10.01.2009
2:10.12	Bishop		Valaanderen, BEL	07.23.2008
2:10.51	Bishop		Ottawa, ON	07.18.2007
2:10.67	Bishop		Ottawa, ON	07.17.2004
2:05.13	Nathalie Cote	(72)	Boston, MA	05.??.1998
2:06.77	Cote		Ottawa, ON	07.09.1997
2:08.55	Cote		Sudbury, ON	07.21.1996
2:09.87	Cote		Port Alberni, BC	06.08.1999
2:05.42	Rachel Aubry	(90)	Port of Spain, TRI	08.02.2009
2:07.96	Aubry		London, ON	06.03.2009
2:08.13	Aubry		Port of Spain, TRI	08.01.2009
2:08.90	Aubry		Windsor, ON	07.04.2009
2:09.49 *indoor	Aubry		Notre Dame, IN	02.06.2010
2:09.90	Aubry		Windsor, ON	07.05.2008
2:06.94	Kelly Young	(84)	Ottawa, ON	08.06.2008
2:09.47	Young		Ottawa, ON	06.22.2008
2:10.07	Young		Ottawa, ON	06.28.2008
2:10.11	Young		Windsor, ON	07.12.2007
2:10.66	Young		Windsor, ON	07.11.2007
2:07.25	Julia Tousaw	(89)	Ottawa, ON	07.03.2011
2:09.36	Tousaw		Ottawa, ON	05.22.2011
2:09.45	Tousaw		Windsor, ON	07.04.2009
2:08.21	Anna Gunasekera	(71)	Montreal, QU	07.16.1995
2:08.35	Jennie Biewald	(88)	Ottawa, ON	07.03.2005
2:08.63	Biewald		Ottawa, ON	06.15.2005
2:10.17	Biewald		Regina, SK	08.17.2005
2:10.15	Biewald		Ottawa, ON	08.06.2006
2:10.80	Biewald		Palo Alto, CA	05.30.2007
2:08.37	Samantha Murphy	(92)	Ottawa, ON	07.14.2010
2:09.19	Murphy		Des Moines, IA	04.27.2011
2:09.95	Murphy		Moncton, NB	07.04.2010
2:10.23	Murphy		London, ON	06.03.2010
2:10.76	Murphy		Ottawa, ON	06.26.2010
2:10.91	Murphy		Moncton, NB	07.03.2010
2:10.93	Murphy		London, ON	06.14.2009
2:11.00 *dome	Murphy		Ottawa, ON	03.06.2010
2:08.92	Katie Engel	(87)	Ottawa, ON	07.20.2005
2:09.87	Engel		London, ON	07.19.2003
2:10.15	Engel		Ottawa, ON	07.13.2005
2:11.90	Engel		Lawrence, KS	05.15.2007
2:09.54	Sheila Aikmen	(65)	Montreal, QU	08.03.1991
2:09.46	Connie Beukeboom	(68)	Ottawa, ON	07.26.1995
2:09.85	Dana Buchanan	(84)	Saskatoon, SK	07.06.2003

2:09.86	Buchanan		Honolulu, HI	03.27.2004
2:10.01	Buchanan		Bridgetown, BAR	07.19.2003
2:11.74	Buchanan		Palo Alto, CA	05.26.2007
2:12.00 *indoor	Buchanan		Nampa, ID	02.28.2004
2:10.57	Tracey Robertson	(77)	Fayetteville, AR	04.21.2000
2:11.10 *indoor	Robertson		Fayetteville, AR	01.19.2001
2:11.91	Robertson		Palo Alto, CA	05.09.2003
2:10.61	Rosey Edeh	(66)	Houston, TX	03.27.1999
2:10.80	Julia Malleck	(87)	Toronto, ON	07.31.2010
2:12.20	Malleck		Ottawa, ON	07.14.2010
2:13.71	Malleck		Downsview, ON	06.13.2010
2:16.05 *indoor	Malleck		Hanover, NH	01.10.2010
2:10.78	Emma Galbraith	(94)	Ottawa, ON	06.22.2011
2:10.95	Galbraith		Ottawa, ON	08.07.2011
2:11.04	Galbraith		Winnipeg, MB	07.10.2011
2:11.11	Galbraith		Ottawa, ON	07.03.2011
2:11.22	Galbraith		Ottawa, ON	07.14.2010
2:11.50	Galbraith		Downsview, ON	06.12.2011
2:13.03	Galbraith		London, ON	07.25.2010
2:13.06	Galbraith		Ottawa, ON	06.26.2010
2:13.61	Galbraith		London, ON	06.03.2010
2:11.28	Christine Whiteside	(63)	Ottawa, ON	08.07.1983
2:12.02 *indoor	Whiteside		Toronto, ON	01.31.1986
2:11.32	Sarah Dillabaugh	(73)	Kitchener, ON	07.28.2000
2:12.02	Kristin Marvin	(75)	Ottawa, ON	07.29.1992
2:12.22	Anne Mullins	(56)	Ottawa, ON	07.29.1992
2:12.48	Fiona Callender	(92)	Ottawa, ON	06.26.2010
2:12.62	Mary Jane Richards	(76)	Kitchener, ON	06.03.1994
2:12. ? *Heptathlon	Alison Armstrong	(61)	Kobe, Japan	08.31.1985
2:13.75	Armstrong		Ottawa, ON	06.21.1986
2:16.00 *dome	Emma Galbraith		Ottawa, ON	03.06.2010
2:13.05	Danelle Woods	(89)	Ottawa, ON	05.10.2007
2:13.12	Andrea Grove	(73)	Downsview, ON	06.18.1994
2:13.36	Lauren Aldwinkle	(73)	Sherbrooke, QU	08.07.1993
2:13.40	Janice Faulknor	(67)	Montreal, QU	08.04.1990
2:13.75	Chantale Dejardin	(75)	Ottawa, ON	06.16.1993
2:14.09	Jacqueline Malette	(82)	London, ON	06.25.2008
2:14.40	Jackie Fabri	(63)	Ottawa, ON	07.11.1990
2:14.51	Teresa Brideau	(65)	Ottawa, ON	07.02.1991
2:14.60	Sarah Boyd	(91)	Ottawa, ON	08.15.2008
2:14.82	Tess Acton	(88)	London, ON	07.19.2003
2:14.94	Hilary Burn	(79)	Ottawa, ON	07.05.1995
2:15.19	Leah Laroque	(89)	Ottawa, ON	05.10.2008
2:15.40	Lisa Giles	(91)	Toronto, ON	06.06.2009
2:15.41	Nancy Norman	(61)	Ottawa, ON	07.15.1992
2:15.62	Daniele Riendeau	(84)	Belleville, ON	06.10.2002
2:15.79	Julia Hicks	(85)	Ottawa, ON	06.09.1999
2:16.14	Kathryn Tuck	(93)	Ottawa, ON	05.16.2009
2:16.25	Hilary Egan	(86)	London, ON	07.19.2003
2:16.53 *dome	Emilie Halle	(90)	Ottawa, ON	03.07.2009
2:16.56	Jackie Bonisteel	(84)	Ottawa, ON	05.01.1999
2:16.69	Ashley Hill	(85)	Ottawa, ON	06.26.2002
2:16.74	Michele Krech	(86)	Sherbrooke QC	07.31.2011
2:17.08	Jackie Sandoz	(81)	Kitchener, ON	07.28.2000
2:17.13	Kate Henderson	(83)	Ottawa, ON	08.04.2002
2:17.26	Elly Robertson	(86)	Saskatoon, SK	07.25.2004
2:17.34	Brigette Belanger		Etobicoke, ON	06.08.1980
2:17.57	Susie Egar	(82)	Kitchener, ON	07.28.2000
2:17.62	Robyn Jeffrey	(74)	Sudbury, ON	07.04.1992
2:17.70	Deborah Hine	(63)	Ottawa, ON	07.11.1990
2:17.77 *dome	Tiffany Locke	(88)	Ottawa, ON	03.07.2009
2:17.85	Imogen Murphy	(75)	Ottawa, ON	07.08.192
2:17.97	Kim Kallio	(90)	Ottawa, ON	06.28.2008

2:18.14	Catherine Fortin-Major	(81)	Blacksburg, VA	04.24.2002
2:18.34	Bailey Lewis	(86)	Ottawa, ON	07.20.2005
2:18.46	Michelle Cormier	(77)	Ottawa, ON	06.19.2004
2:18.53	Victoria Merrill	(87)	Ottawa, ON	07.16.2011
2:18.78	Annette Ebbinghaus	(63)	Ottawa, ON	07.11.1990
2:18.80	Sandra Bucciarelli	(63)	Montreal, QU	07.07.1990
2:19.26	Meeka Haller	(74)	Winnipeg, MB	07.06.1991
2:19.66	Jackie Shields	(88)	Ottawa, ON	06.19.2004
2:19.74	Alanna Shearman	(96)	Ottawa, ON	08.04.2010
2:19.84	Rachel Talbot	(71)	Downsview, ON	02.13.1993
2:19.95	Kate MacNaughton	(88)	Ottawa, ON	07.14.2010
2:19.98	Erin O'Higgins	(94)	Ottawa, ON	07.20.2011

1000 Meters

MEN

(Threshold Ranking 2:35.00)

2:23.64	Michael Woods	(86)	Ottawa, ON	07.26.2006
2:23.98	Woods		Ottawa, ON	06.21.2006
2:24.94	Kevin Waller	(64)	Montreal, QU	06.12.1982
2:25.34 *indoor	Waller		Montreal, QU	01.21.1984
2:25.13 *indoor	Kent Thexton	(63)	Sherbrooke, QU	03.10.1984
2:26.54	Thexton		Montreal, QU	06.12.1982
2:26.09 *indoor	Steve Agar	(68)	Sherbrooke, QU	01.23.1993
2:26.51 *indoor	Kevin Savard	(85)	Montreal, QU	03.09.2007
2:26.71 *indoor	Savard		Montreal, QU	03.07.2008
2:26.62	Murray Link	(77)	Ottawa, ON	07.10.1996
2:27.34 *indoor	Rob Muir	(68)	Hanover, NH	01.23.1988
2:27.73 *indoor	Hutton, Craig	(64)	Sherbrooke, QU	02.23.1990
2:27.90 *dome	Yves Sikubwabo	(93)	Ottawa, ON	02.12.2011
2:28.14	Paul Fournier	(64)	Montreal, QU	06.12.1982
2:29.16 *indoor	Glen Ellito	(62)	Toronto, ON	03.02.1985
2:29.72 *dome	Adam Palamar	(94)	Ottawa, ON	01.15.2012
2:30.39 *dome	Cody Boast	(91)	Ottawa, ON	02.12.2011
2:30.61 *indoor	Sean McAlpine	(73)	Downsview, ON	02.26.1993
2:30.72 *dome	Kyle Desormeaux	(80)	Ottawa, ON	02.03.2007
2:30.73 *dome	Kevin Brennan	(87)	Ottawa, ON	11.27.2009
2:30.78 *dome	Reda Benazzouz	(89)	Ottawa, ON	01.19.2008
2:30.88	Joshua Karanja	(84)	Ottawa, ON	06.21.2006
2:31.21	Adam Lewandowski	(87)	Ottawa, ON	06.21.2006
2:31.29 *dome	Noah Fleming	(87)	Ottawa, ON	01.14.2012
2:31.64 *indoor	Sean Fitzgerald	(67)	Sherbrooke, QU	01.13.1985
2:31.94	Tyson Loney	(91)	Ottawa, ON	07.04.2010
2:32.57 *dome	Scott Donald	(94)	Ottawa, ON	02.11.2012
2:32.93 *indoor	Andrew Harrietha	(88)	Boston, MA	02.14.2009
2:33.22 *indoor	Martin Cyr-Hicks	(73)	Downsview, ON	02.26.1993
2:33.33 *dome	Sean Young	(83)	Boston, MA	02.09.2007
2:33.48 *dome	Sebastian Seville	(94)	Ottawa, ON	
2:33.78 *indoor	Marc-Philippe Taillon	(87)	Boston, MA	02.08.2008
2:33.91 *dome	Remy Binns	(91)	Ottawa, ON	02.12.2011
2:34.07 *indoor	Kyle Mackie	(90)	Toronto, ON	02.25.2011
2:34.18 *dome	Chase Horvath	(91)	Ottawa, ON	12.17.2011
2:34.25 *dome	Joseph Yawney	(83)	Ottawa, ON	02.13.2010
2:34.60 *dome	Matt Volpi	(86)	Ottawa, ON	12.16.2006
2:34.60 *dome	Alex Berhe	(93)	Ottawa, ON	01.14.2012
2:34.65 *indoor	Maya Aden	(84)	Lubbock, TX	02.04.2006
2:34.72 *dome	Aidan Kennedy	(90)	Ottawa, ON	12.16.2007
2:34.92 *dome	Lucas Trapeau	(96)	Ottawa, ON	01.14.2012
2:34.93 *dome	Mohamed Souleiman	(93)	Ottawa, ON	12.19.2009

2:34.94 *indoor

Scott Nelms

(81)

Sherbrooke QU

02.27.1999

WOMEN

(Threshold Ranking 3:04.00)

2:45.28

Anna Gunasekera

(71)

Ottawa, ON

07.24.1996

2:45.73 *indoor

Melissa Bishop

(88)

South Bend, IN

02.04.2011

2:47.04 *indoor

Bishop

Toronto, ON

02.27.2010

2:56.53 *indoor

Bishop

Notre Dame, IN

01.18.2008

2:46.44

Kelly Young

(84)

Ottawa, ON

07.16.2008

2:48.96

Young

Ottawa, ON

08.08.2007

2:47.60 *indoor

Nathalie Cote

(73)

Montreal, QU

02.19.2000

2:47.64 *indoor

Sarah Dillabaugh

(73)

Windsor, ON

03.07.1997

2:52.52 *indoor

Dillabaugh

Saskatoon, SK

02.09.2003

2:51.44

Dillabaugh

Ottawa, ON

08.01.2001

2:48.44 *indoor

Grace Verbeek

(58)

Montreal, QU

01.24.1987

2:51.78 *indoor

Verbeek

Ottawa, ON

01.18.1992

2:52.84 *indoor

Verbeek

Ottawa, ON

01.26.1991

2:47.60 *indoor

Nathalie Cote

(73)

Montreal, QU

02.19.2000

2:48.46 *indoor

Cote

Windsor, ON

03.13.1998

2:48.11 *indoor

Jennifer Perrault

(88)

New York City, NY

02.03.2012

2:49.50 *indoor

Perrault

Montreal, QC

01.27.2012

2:51.00 *dome

Perrault

Ottawa, ON

12.17.2011

2:48.69

Jennie Biewald

(88)

Ottawa, ON

06.21.2006

2:48.71 *indoor

Lauren Aldwinkle

(73)

Edmonton, AB

03.12.1994

2:52.41 *indoor

Aldwinkle

Windsor, ON

03.05.1994

2:49.07 *indoor

Christine Whiteside

(63)

Windsor, ON

03.07.1987

2:51.19 *indoor

Whiteside

Sherbrooke QU

01.15.1984

2:52.23 *indoor

Whiteside

Sherbrooke, QU

01.13.1985

2:49.19 *dome

Julia Tousaw

(89)

Ottawa, ON

01.14.2012

2:50.24 *indoor

Tousaw

Montreal, QC

01.27.2012

2:51.22 *indoor

Tousaw

New York City, NY

02.03.2012

2:52.85 *indoor

Tousaw

New York City, NY

02.04.2011

2:53.55 *indoor

Tousaw

Canton, NY

12.03.2011

2:49.99 *indoor

Julia Malleck

(87)

Windsor, ON

03.12.2010

2:50.19 *dome

Malleck

Ottawa, ON

02.13.2010

2:51.39

Malleck

Ottawa, ON

07.21.2010

2:51.91 *indoor

Malleck

Downsview, ON

02.27.2010

2:52.07 *dome

Malleck

Ottawa, ON

12.19.2009

2:50.35

Dana Buchanan

(84)

Ottawa, ON

06.21.2006

2:52.05 *dome

Jacqueline Malette

(86)

Ottawa, ON

01.24.2009

2:52.07

Emma Galbraith

(94)

Ottawa, ON

07.21.2010

2:54.98 *indoor

Galbraith

Montreal, QC

01.27.2012

3:00.94 *dome

Galbraith

Ottawa, ON

01.16.2010

2:53.64 *dome

Leah Larocque

(89)

Ottawa, ON

01.19.2008

2:55.18 *indoor

Larocque

Windsor, ON

02.23.2008

2:56.02 *indoor

Larocque

Boston, MA

02.13.2009

2:53.73 *dome

Danelle Woods

(89)

Ottawa, ON

12.16.2006

2:55.25 *dome

Jennie Biewald

(88)

Ottawa, ON

02.19.2006

2:55.64 *indoor

Theresa Brideau

(65)

Montreal, QU

01.30.1988

2:56.70 *indoor

Katie Engel

(87)

Canton, NY

01.22.2005

2:56.78 *indoor

Julia Hicks

(85)

Sherbrooke, QU

03.04.2000

2:57.14 *indoor

Jackie Harkes

(63)

Syracuse, NY

02.04.1990

2:59.04 *dome

Sarah Boyd

(91)

Ottawa, ON

02.07.2009

2:59.25 *dome

Elysia Robertson

(87)

Ottawa, ON

02.03.2007

3:00.00

Tiffany Locke

(88)

Ottawa, ON

08.16.2006

3:00.09 *dome

Elizabeth Miller

(86)

Ottawa, ON

01.19.2008

3:00.91 *dome

Alanna Shearman

(96)

Ottawa, ON

01.14.2012

3:00.93 *indoor

Debbie Maklin

(67)

Sherbrooke, QU

01.23.1993

3:00.96 *indoor

Connie Beukeboom

(68)

Hanover, NH

01.10.1993

3:01.18 *dome

Erin O'Higgins

(94)

Ottawa, ON

02.11.2012

3:01.48 *indoor

Jackie Bonisteel

(84)

Windsor, ON

01.16.2004

3:01.56

Emma Norman

(93)

Ottawa, ON

07.21.2010

3:02.29 *dome

Hannah Gaensler

(94)

Ottawa, ON

02.12.2012

3:02.39 *indoor

Heather Hillsburg

(82)

Montreal, QU

12.18.1999

3:03.31

Lindsay Kary

(95)

Ottawa, ON

07.21.2010

1500 Meters

MEN

(Threshold Ranking 4:00.00)

3:36.36	Steve Agar	(68)	Stuttgart, GER	07.10.1998
3:36.60	Agar		Richmond, BC	06.02.1996
3:38.33	Agar		Nurnberg, GER	07.15.1997
3:39.93	Agar		Santa Monica, CA	05.17.1996
3:41.73	Agar		Cork, IRE	06.27.1998
3:42.34	Agar		Palo Alto, CA	05.12.2000
3:42.34 *indoor	Agar		?	1997
3:39.26	Marc Olesen	(64)	Palo Alto, CA	04.23.1988
3:40.14	Olesen		Montreal, QU	08.11.1988
3:41.90 *indoor	Olesen		Winnipeg, MB	02.06.1988
3:39.37	Michael Woods	(86)	Germany	07.07.2006
3:41.43	Woods		Windsor, ON	07.28.2005
3:42.13	Woods		Bloomington, IN	06.15.2007
3:42.49	Woods		Grosseto, ITA	07.13.2004
3:43.45	Woods		Grosseto, ITA	07.15.2004
3:47.77	Woods		Windsor, ON	05.16.2009
3:39.48	John Bowden	(69)	Ottawa, ON	07.17.1991
3:39.84	Bowden		Montreal, QU	07.10.1991
3:41.89	Bowden		New Orleans, LA	05.16.1992
3:39.94	Richard Charette	(67)	Montreal, QU	08.03.1991
3:40.24	Charette		Montreal, QU	07.10.1991
3:40.34	Charette		Ottawa, ON	07.17.1991
3:40.88	Scott MacDonald	(73)	Ann Arbor, MI	05.14.1994
3:41.58	MacDonald		Montreal, QU	07.07.2000
3:42.58	MacDonald		Indianapolis, IN	05.25.1993
3:43.38	MacDonald		Dedham, MA	05.29.1999
3:43.72	MacDonald		Burnaby, BC	06.06.1999
3:44.09	MacDonald		Hamilton, ON	08.03.2000
3:43.95	MacDonald		Dedham, MA	06.27.2000
3:44.65	MacDonald		?	1998
3:41.48	Rob Cunningham	(71)	Ithica, NY	04.05.1993
3:43.33	Cunningham		Montreal, QU	07.05.1993
3:44.09	Cunningham		Walnut, CA	04.17.1994
3:44.84	Cunningham		Washington, DC	05.27.1992
3:42.24	Kent Thexton	(63)	Burnaby, BC	07.16.1984
3:48.50 *indoor	Thexton		Sherbrooke, QU	03.10.1984
3:49.46	Thexton		Etobicoke, ON	06.04.1982
3:43.01	Chris McGregor	(75)	Victoria, BC	06.10.1999
3:43.61	McGregor		Montreal, QU	07.16.1999
3:45.94	McGregor			1998
3:50.34	McGregor		Brookline, MA	05.27.2000
3:43.14	Kevin Waller	(64)	Vancouver, BC	06.16.1983
3:50.04 *indoor	Waller		Sherbrooke, QU	02.26.1983
3:43.83	Murray Link	(77)	Fayetteville, AR	04.22.2000
3:44.55	Link		Baton Rouge, LA	05.14.2000
3:47.68	Link		Fayetteville, AR	04.17.1999
3:49.11	Link		Baton, Rouge, LA	04.22.2000
3:49.94	Link		Montreal, QU	07.18.1995
3:44.68	Sean Kaley	(75)	Montreal, QU	07.07.2000
3:46.15	Joshua Karanja	(84)	Ypsilanti, MI	05.26.2007
3:46.86	Alain Boucher	(61)	Abbotsford, BC	05.27.1992
3:47.04	Matt Bundle	(73)	Ottawa, ON	06.21.1995
3:47.93	Allan Brett	(88)	Ottawa, ON	07.05.2006
3:48.06	Brett		Hillsdale, MI	06.07.2008
3:48.40	Brett		Ottawa, ON	06.21.2008
3:48.42	Brett		London, ON	06.13.2007
3:48.89	Brett		Toronto, ON	06.04.2008
3:52.66 *indoor	Brett		Windsor, ON	03.12.2009
3:47.94	Adrian Baird	(63)	Ottawa, ON	08.10.1984

3:49.27	Maya Aden	(84)	Ottawa, ON	2005
3:50.50	Aden		Ottawa, ON	07.14.2010
3:49.50	James Buchanan	(71)	Ottawa, ON	07.04.1990
3:49.54	Sean Surerus	(74)	Burnaby, BC	08.05.2000
3:49.57	Rob Muir	(68)	Ottawa, ON	06.06.1986
3:50.08	Dan Orr	(73)	Montreal, QC	06.10.1996
3:50.38	Yves Sikubwabo	(93)	Ottawa, ON	05.27.2011
3:50.55 *dome	Sikubwabo		Ottawa, ON	02.12.2011
3:51.09	Sikubwabo		Ottawa, ON	05.05.2011
3:53.97	Sikubwabo		Sudbury, ON	06.03.2011
3:50.56	Kevin Waller	(64)	Etobicoke, ON	06.04.1982
3:50.60	Kyle Milks	(90)	Toronto, ON	06.16.2007
3:51.74 *indoor	Adam Palamar	(94)	Montreal, QC	01.28.2012
3:51.87 *indoor	Brent Edwards	(61)	Toronto, ON	02.14.1983
3:54.74	Dallas Allaire		Etobicoke, ON	06.08.1978
3:54.90	Kyle Desormeaux	(80)	Sherbrooke, QU	06.15.2007
3:54.94	Rohan Hazelton	(73)	Montreal, QU	07.31.1991
3:54.95	Glen Elliot	(62)	Hamilton, ON	10.18.1986
3:55.07	Sean Fitzgerald	(67)	Hamilton, ON	05.29.1997
3:55.29	Adam Lewandowski	(87)	Ottawa, ON	06.22.2005
3:56.13	Ryan Ellis	(79)	Ottawa, ON	08.14.1996
3:56.36	Andrew Harrietha	(88)	Ottawa, ON	06.21.2008
3:56.41	Simon Shearman	(64)	Montreal, QU	07.23.1983
3:56.67	Eric Lascelles	(77)	Ottawa, ON	06.23.1996
3:57.27	Matt Lamourie	(73)	Downsview, ON	06.16.1990
3:57.54	Paul Dollemont	(69)	Montreal, QU	06.14.1992
3:57.94	Stephen Drew	(77)	Ottawa, ON	07.09.2003
3:57.96	David Lyall	(64)	Montreal, QU	07.12.1986
3:58.41	Scott Nelms	(81)	Ottawa, ON	07.13.2001
3:58.76	Kevin Brennan	(87)	Windsor, ON	07.06.2009
3:58.84	Doug Haines	(56)	Montreal, QU	06.28.1980
3:58.99	Kirk Dillabaugh	(70)	Ottawa, ON	08.14.1996
3:59.23	Ian Potter	(73)	Ottawa, ON	06.19.1991
3:59.33	Matt Stacey	(81)	Ottawa, ON	07.09.2003
3:59.54	Dave Stewart	(48)	Ottawa, ON	08.08.1981

WOMEN

(Threshold Ranking 4:45.00)

4:12.68	Nathalie Cote	(73)	Montreal, QU	07.12.1998
4:14.04	Cote		Montreal, QU	07.07.2000
4:15.26	Cote			1997
4:15.80	Cote		Sherbrooke, QU	07.04.2000
4:16.72	Cote		Victoria, BC	06.10.1999
4:18.33	Cote		Palo Alto, CA	05.04.2001
4:19.13 *indoor	Cote			1997
4:21.34 *indoor	Cote		Hamilton, ON	02.25.2000
4:16.51	Tracy Robertson	(77)	Palo Alto, CA	05.06.2000
4:18.12	Robertson		Eugene, OR	06.02.2001
4:20.04	Robertson			1998
4:21.39	Robertson		Austin, TX	04.03.1999
4:23.05	Robertson		Walnut, CA	04.15.2000
4:25.51	Robertson		Baton Rouge, LA	05.14.2000
4:17.22	Sarah Dillabaugh	(73)	Dedham, MA	06.24.2000
4:19.67	Dillabaugh		Boston, MA	07.02.2002
4:20.28	Dillabaugh		Burnaby, BC	06.06.1999
4:20.95 *indoor	Dillabaugh			1997
4:21.12	Dillabaugh		Burnaby, BC	06.03.2001
4:23.34 *indoor	Dillabaugh		Downsview, ON	02.12.2000
4:17.40	Anna Gunasekera	(71)		1996
4:22.29	Gunasekera		Port Alberni, BC	05.30.1996
4:20.05	Christine Whiteside	(63)		1983
4:27.49 *indoor	Whiteside		Ottawa, ON	01.11.1986
4:27.84	Whiteside		Kitchener, ON	06.03.1983
4:20.15	Kelly Young	(84)	Windsor, ON	07.04.2008

4:20.63	Young		Lincoln, NB	05.30.2008
4:21.26	Young		Ottawa, ON	07.05.2008
4:28.36	Young		Ottawa, ON	06.21.2008
4:28.84	Young		Ottawa, ON	08.15.2007
4:21.58	Dana Buchanan	(84)	Eugene, OR	06.06.2009
4:23.88	Buchanan		Palo Alto, CA	03.31.2006
4:24.42	Buchanan		Walnut, CA	04.17.2009
4:25.55	Buchanan		Windsor, ON	07.06.2009
4:26.12	Buchanan		Ottawa, ON	07.27.2005
4:31.17	Buchanan		Palo Alto, CA	03.31.2007
4:22.89	Katie Engel	(87)	San Diego, CA	04.28.2007
4:23.80	Engel		Columbia, MO	05.25.2007
4:24.85	Engel		Champaign, IL	04.14.2007
4:27.07	Engel		?	? ? 2008
4:29.24	Engel		Fayetteville, AR	05.30.2008
4:33.94	Engel		Windsor, ON	07.04.2008
4:24.27	Tania Jones	(69)	Ottawa, ON	06.21.1995
4:29.47	Jones		Kitchener, ON	07.22.2000
4:25.37	Danelle Woods	(89)	Ottawa, ON	06.29.2007
4:25.45	Woods		Ottawa, ON	06.22.2005
4:26.64	Woods		Lawrence, KS	04.19.2008
4:26.01	Jennie Biewald	(88)	Sherbrooke, QU	07.21.2006
4:26.07	Biewald		Ottawa, ON	07.27.2005
4:27.94	Biewald		Ottawa, ON	07.12.2006
4:28.59	Biewald		Ottawa, ON	07.02.2006
4:32.03	Biewald		Ypsilanti, MI	04.21.2007
4:26.02	Jacqueline Malette	(82)	Windsor, ON	07.04.2008
4:29.99 *indoor	Malette		Windsor, ON	03.14.2009
4:26.48	Julia Malleck	(87)	Toronto, ON	07.30.2010
4:27.49	Malleck		Toronto, ON	07.31.2010
4:29.74 *dome	Malleck		Ottawa, ON	01.16.2010
4:29.85	Malleck		Ottawa, ON	07.07.2010
4:26.63	Mary Jane Richards	(76)	Victoria, BC	07.28.1994
4:26.85	Danielle Riendeau	(84)	Eugene, OR	05.05.2007
4:27.34	Theresa Brideau	(65)	Montreal, QU	06.15.1992
4:28.24	Julia Hicks	(85)	Knoxville, TN	04.15.2005
4:28.51	Maureen de St. Croix	(53)	Montreal, QU	06.20.1987
4:28.85	Nancy Norman	(61)	Ottawa, ON	07.22.1992
4:29.13	Kristin Marvin	(75)	Ottawa, ON	06.23.1993
4:29.20	Grace Verbeek	(58)	Downsview, ON	07.17.188
4:29.37	Jackie Harkes	(63)	Halifax, NS	07.01.1989
4:31.39	Sheila Aikmen	(65)	Ottawa, ON	07.10.1991
4:32.33 *dome	Julia Tousaw	(88)	Ottawa, ON	12.17.2011
4:32.52	Anne Mullins	(56)	Ottawa, ON	07.22.1992
4:33.11 *dome	Leah Larocque	(89)	Ottawa, ON	01.12.2008
4:33.37 *indoor	Tammy Roberts	(67)	Downsview, ON	02.12.1984
4:34.56	Jacqueline Pelot		Winnipeg, MB	07.04.1982
4:34.85	Hilary Burn	(79)	Ottawa, ON	06.24.1998
4:35.07 *dome	Tiffany Locke	(88)	Ottawa, ON	02.02.2008
4:35.26	Emma Galbraith	(94)	Ottawa, ON	07.13.2011
4:37.68	Galbraith		Ottawa, ON	07.07.2010
4:37.89	Galbraith		Sudbury, ON	06.03.2011
4:39.41	Galbraith		Ottawa, ON	08.07.2010
4:36.00	Jacque Sandoz	(79)	Montreal, QU	07.07.2000
4:36.92	Catherine Fortin-Major	(81)	Atlanta, GA	05.15.2003
4:37.07 *indoor	Imogen Murphy	(75)	Syracuse, NY	02.03.1991
4:37.31	Lauren Aldwinkle	(73)	Ottawa, ON	08.11.1993
4:38.14 *indoor	Debbie Maklin	(67)	Montreal, QU	01.16.1993
4:39.12 *dome	Sarah Boyd	(91)	Ottawa, ON	02.23.2008
4:39.64	Katie Jeffrey	(80)	Etobicoke, ON	06.06.1997
4:39.94	Tess Acton	(88)	Ottawa, ON	06.25.2003
4:40.05	Susie Egar	(82)	Montreal, QU	07.07.2000
4:40.11	A. Lauren		Kitchener, ON	07.15.1994
4:41.30	Kathryn Tuck	(93)	Sudbury, ON	06.02.2011
4:41.57	Michelle Cormier	(67)	Ottawa, ON	06.23.2004

4:41.50	Emma Norman	(93)	Brockville, ON	05.19.2011
4:41.93	Shiyi Zan	(88)	Etobicoke, ON	06.04.2004
4:42.09	Jackie Bonisteel	(84)	Ottawa, ON	06.09.2004
4:42.11 *dome	Elizabeth Miller	(86)	Ottawa, ON	01.12.2008
4:42.64	Rhonda Sherrer	(80)	Monroe, LA	05.12.201
4:43.03	Connie Beukeboom	(68)	Ottawa, ON	08.05.1992
4:43.64	Lisa Giles	(91)	Toronto, ON	06.05.2009
4:43.86	Lauren Clobridge	(77)	Kitchener, ON	06.07.1996
4:43.89	Annette Ebbinghaus	(63)	Ottawa, ON	08.15.1990
4:43.92	Hilary Egan	(86)	Ottawa, ON	07.09.2003
4:43.96	Deborah Hine	(63)	Etobicoke, ON	07.20.1990
4:44.27	Lisa Giles	(92)	Brockville, ON	05.29.2009
4:44.62	Ashley Hill	(85)	Belleville, ON	06.06.2002
4:44.65	Renee Embree	(77)	Saskatoon, SK	08.14.1993

Mile

MEN

(Threshold Ranking 4:15.00)

3:57.37	Steve Agar	(68)	Portland, OR	05.11.1997
3:57.77	Agar		Eugene, OR	05.25.1997
4:01.93 *indoor	Agar		Boston, MA	02.16.1991
4:04.87	Agar		Victoria, BC	05.27.2000
3:57.48	Mike Woods	(86)	Windsor, ON	07.28.2005
3:57.87 *indoor	Woods		Boston, MA	01.29.2006
4:01.56 *indoor	Woods		Boston, MA	01.29.2005
3:58.08	Marc Olesen	(64)	Burnaby, BC	06.13.1983
4:06.26 *indoor	Olesen		Toronto, ON	02.???.1984
3:59.40 *indoor	Scott MacDonald	(73)	Notre Dame, IN	1994
4:02.03 *indoor	MacDonald		Ann Arbor, MI	02.27.1993
4:00.24	Kent Thexton	(63)	Tillsonburg, ON	07.07.1984
4:04.88 *indoor	Thexton		Ypsilanti, MI	02.04.1984
4:01.13	Sean Kaley	(75)	Fayetteville, AR	02.10.2001
4:04.39 *indoor	Kaley			1997
4:02.55 *indoor	Murray Link	(77)	Ames, IA	03.03.2000
4:03.06 *indoor	Link		Ames, IA	03.02.2001
4:03.34 *indoor	Link		Indianapolis, IN	03.11.2000
4:05.16	Kevin Waller	(64)	Burnaby, BC	06.16.1983
4:05.91 *indoor	Richard Charette	(67)	Montreal, QU	01.16.1993
4:06.35 *indoor	John Bowden	(69)		1994
4:06.55 *indoor	Bowden		Bloomington, IN	02.03.1990
4:07.27 *indoor	Rob Cunningham	(71)	Ithica, NY	02.01.1993
4:09.80 *indoor	Josh Karanja	(83)	Akron, OH	02.02.2008
4:13.00	Rob Muir	(68)	Elmhurst, NY	06.21.1986

WOMEN

(Threshold Ranking 5:05.00)

4:37.??	Nathalie Cote	(73)	Falmouth, ME	? . ? . 1997
4:39.10 *indoor	Tracy Robertson	(77)	Fayetteville, AR	03.10.2001
4:39.49 *indoor	Robertson		Fayetteville, AR	01.27.2001
4:39.72	Robertson		Philadelphia, PA	04.28.2001
4:41.12 *indoor	Robertson		Fayetteville, AR	02.27.2000
4:41.73 *indoor	Robertson		Fayetteville, AR	02.15.2003
4:41.99 *indoor	Robertson		Fayetteville, AR	02.02.2002
4:43.57 *indoor	Robertson		Fayetteville, AR	03.09.2001
4:45.84 *indoor	Robertson		Fayetteville, AR	02.12.2000
4:44.58 *indoor	Dana Buchanan	(84)	Seattle, WA	03.04.2006
4:46.71 *indoor	Buchanan		Seattle, WA	02.11.2006
4:46.99 *indoor	Buchanan		Seattle, WA	02.24.2006
4:44.76 *indoor	Sarah Dillabaugh	(73)	Ypsilanti, MI	02.14.1997
4:56.13 *indoor	Jennie Biewald	(88)	Boston, MA	01.29.2006

4:57.84 *indoor	Kristin Marvin	(75)	Syracuse, NY	02.06.1993
4:58.38 *indoor	Katie Engel	(87)	Syracuse, NY	02.07.2004
4:58.58 *indoor	Julia Hicks	(85)	Iowa City, IA	02.11.2006
4:59.25	Hicks		Brunswick, MA	07.05.2003
4:59.96 *indoor	Danelle Woods	(89)	Hanover, NH	01.05.2007
5:01.13 *indoor	Daniele Riendeau	(84)		2006
5:01.37 *indoor	Debbie Maklin	(67)	Hanover, NY	01.10.1993
5:04.22 *indoor	Catherine Fortin-Major	(81)	Raleigh, NC	02.18.2003

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MEN

(Threshold Ranking 9:00.00)

7:48.33	Steve Agar	(68)	Roverto, Italy	08.25.1998
7:56.90 *indoor	Agar		Toronto, ON	03.12.1993
8:03.05	Agar		Kitchener, ON	06.25.1995
8:03.56 *indoor	Agar			1997
8:05.00	Agar		Ottawa, ON	06.14.1996
7:52.27 *indoor	Mike Woods	(86)	South Bend, IN	02.04.2006
7:58.04 *Can Jr Rec.	Woods		Ottawa, ON	06.29.2005
7:58.55 *indoor	Woods		Ann Arbor, MI	01.20.2006
8:02.01 *indoor	Woods		South Bend, IN	02.07.2005
8:02.58	Woods		Halifax, NS	07.06.2007
8:16.37 *Can Youth Rec.	Woods		Sherbrooke, QU	07.12.2003
8:17.84	Woods		Ottawa, ON	06.18.2003
8:19.07	Woods		Abbotsford, BC	06.26.2004
7:55.38 *indoor	Sean Kaley	(75)	New York, NY	02.02.2001
7:55.81 *indoor	Kaley		Boston, MA	02.05.2000
8:01.03	Kaley		Victoria, BC	05.22.2002
8:03.98	Kaley			1997
7:56.14 *indoor	Marc Olesen	(64)	Toronto, ON	03.12.1993
7:57.43	Olesen		San Jose, CA	05.27.1989
8:10.12 *indoor	Olesen		Hamilton, ON	01.12.1990
8:10.19	Olesen		Modesto, CA	05.13.1995
8:03.55	Chris McGregor	(75)	Richmond, BC	06.12.1999
8:13.39 *indoor	McGregor		Fayetteville, AR	02.11.2000
8:04.88	Murray Link	(77)	Fayetteville, AR	01.27.2001
8:09.41	Link		Fayetteville, AR	02.26.2000
8:21.43	Link		Ottawa, ON	05.30.1996
8:07.46	John Bowden	(69)	Tallahassee, FL	04.04.1992
8:09.83	Richard Charette	(67)	Ottawa, ON	06.16.1993
8:10.28 *indoor	Rob Cunningham	(71)	Ithica, NY	01.12.1994
8:11.10	Chris Weber	(66)	Sherbrooke, QU	07.13.1999
8:23.59	Weber		Winnipeg, MB	02.05.2000
8:11.59 *indoor	Joshua Karanja	(84)	Ann Arbor, MI	01.20.2006
8:23.80 *dome	Karanja		Ottawa, ON	02.11.2012
8:29.22	Karanja		Ottawa, ON	06.29.2005
8:12.36	John Halvorsen	(64)	Kitchener, ON	06.22.1994
8:16.71	Halvorsen		Ottawa, ON	06.14.1995
8:20.34 *indoor	Halvorsen		Montreal, QU	01.25.1986
8:12.60 *indoor	Scott MacDonald	(73)	Ann Arbor, MI	01.23.1993
8:16.27 *indoor	MacDonald		Fayetteville, AR	02.11.2000
8:12.88 *indoor	Adrian Baird	(63)	Ottawa, ON	01.13.1984
8:13.39 *indoor	Allan Brett	(88)	Notre Dame, IN	02.06.2009
8:31.39 *dome	Brett		Ottawa, ON	03.05.2006
8:18.46	Yves Sikubwabo	(92)	Sudbury, ON	06.03.2011
8:18.76	Sikubwabo		Ottawa, ON	05.27.2011
8:20.54 *dome	Sikubwabo		Ottawa, ON	01.15.2011
8:21.88 *indoor	Sikubwabo		Montreal, QC	01.28.2011
8:20.52	Maya Aden	(84)	Ottawa, ON	06.18.2003
8:23.95	Mohammed Hussein	(71)	Ottawa, ON	06.16.1993
8:24.92	Matt Lamourie	(73)	Downsview, ON	06.07.1992
8:30.01	Adam Palamar	(94)	Ottawa, ON	07.08.2011

8:36.46	Palamar		Downsview, ON	07.23.2011
8:53.12	Palamar		London, ON	06.03.2010
8:30.43	Kevin Lee	(73)	Ottawa, ON	08.04.1993
8:31.04	Rob Muir	(68)	Toronto, ON	04.26.1986
8:34.99 *dome	Stephen Drew	(77)	Ottawa, ON	11.27.2005
8:35.32	Kyle Milks	(90)	Belleville, ON	06.01.2007
8:36.17 *indoor	Stephane Gamache	(75)	Montreal, QU	02.05.2000
8:36.96	Andy Jones	(61)	Ottawa, ON	07.15.1992
8:37.32	Kent Thexton	(63)	Etobicoke, ON	06.05.1982
8:37.84	Dallas Allaire		Etobicoke, ON	06.09.1978
8:40.04 *indoor	Doug Haines	(56)	Ottawa, ON	02.21.1981
8:41.40	Cameron MacLean	(76)	Ottawa, ON	08.02.1995
8:42.09	Eric Lascelles	(77)	Ottawa, ON	08.02.1995
8:42.60	Allan Forester		Hamilton, ON	05.30.1987
8:43.80 *dome	Kyle Mackie	(90)	Ottawa, ON	11.20.2010
8:45.16 *dome	Kevin Brennan	(87)	Ottawa, ON	11.22.2009
8:45.19 *dome	Kyle Desormaux	(80)	Ottawa, ON	11.25.2006
8:46.54 *indoor	Justin Jakeman	(92)	New York City, NY	02.03.2012
8:47.03	Rohan Hazelton	(73)	Sudbury, ON	05.31.1991
8:48.08	Adam Lewandowski	(87)		2005
8:48.15	Chad Pawson	(75)	Ottawa, ON	06.20.2001
8:48.47	Richard Simpson	(67)	Ottawa, ON	06.07.1986
8:48.99	Bruce Deacon	(66)	Etobicoke, ON	06.02.1984
8:49.29	Kirk Dillabaugh	(70)	Syracuse, NY	02.03.2002
8:49.35	Kevin Lee	(73)	Ottawa, ON	06.12.1991
8:49.51	Travis Holmes	(87)	Ottawa, ON	06.20.2007
8:51.78	Matt Stacey	(81)	Ottawa, ON	06.20.2007
8:52.26	Scott Donald	(94)	Ottawa, ON	05.27.2011
8:53.93 *dome	Chantry Cargill	(91)	Ottawa, ON	11.22.2009
8:54.26 *dome	Rob Bark	(87)	Ottawa, ON	02.12.2011
8:54.52	Rick Hellard	(66)	Etobicoke, ON	06.02.1984
8:54.79	Alain Boucher	(63)	Ottawa, ON	08.06.2008
8:56.04 *indoor	Michael Lalonde	(84)	Boston, MA	02.08.2008
8:56.08 *dome	Matt Stacey	(81)	Ottawa, ON	11.25.2006
8:56.72 *indoor	Gordon Kerlake	(85)	Windsor, ON	02.22.2008
8:56.86	Matt Pieteron	(82)	Ottawa, ON	07.16.2008
8:57.46 *dome	Shayne Harrigan	(90)	Ottawa, ON	01.15.2011
8:57.55 *dome	Garrett de Jong	(88)	Ottawa, ON	03.06.2010
8:57.61	Ian Donald	(91)	Belleville, ON	06.01.2007
8:58.59	Frank Kwam	(65)	Ottawa, ON	06.27.1990
8:59.11 *dome	Mathieu Vierula	(90)	Ottawa, ON	02.11.2012
8:59.50 *dome	Joseph Yawney	(83)	Ottawa, ON	01.16.2010

WOMEN

(Threshold Ranking 10:30.00)

9:08.05	Sarah Dillabaugh	(73)	Dedham, MA	06.27.2000
9:15.83 *indoor	Dillabaugh		Montreal, QU	02.19.2000
9:19.64 *indoor	Dillabaugh		Montreal, QU	12.18.1999
9:22.53 *indoor	Dillabaugh		Boston, MA	02.01.2003
9:24.97 *indoor	Dillabaugh		Winnipeg, MB	02.05.2000
9:25.87	Dillabaugh		Richmond, BC	05.29.2001
9:13.93	Tracy Robertson	(77)	Palo Alto, CA	03.25.2000
9:16.70 *indoor	Robertson		Fayetteville, AR	02.10.2001
9:21.56 *indoor	Robertson		Fayetteville, AR	03.11.2000
9:21.63	Robertson		Walnut, CA	04.16.1999
9:23.06 *indoor	Robertson		Fayetteville, AR	03.10.2001
9:26.06	Robertson			1998
9:27.71 *indoor	Robertson		Fayetteville, AR	02.26.2000
9:26.34	Jackie Harkes	(63)	Sherbrooke, QU	07.22.1988
9:27.29	Mary Jane Richards	(76)	Kitchener, ON	06.22.1994
9:31.51	Richards		Ottawa, ON	07.02.1994
9:30.45 *indoor	Nathalie Cote	(73)	Windsor, ON	03.08.1997

9:38.13 *indoor	Cote		Winnipeg, MB	02.05.2000
9:57.35	Cote		Knoxville, TN	04.08.1999
9:32.46 *indoor	Tania Jones	(69)	Syracuse, NY	02.05.1995
9:39.56	Jones		Kitchener, ON	06.25.1995
9:33.54	Danelle Woods	(89)	Boston, MA	02.10.2007
9:38.89	Woods		Ottawa, ON	06.09.2007
9:43.33	Woods		Belleville, ON	06.01.2007
9:48.82 *dome	Woods		Ottawa, ON	11.25.2006
10:09.17	Woods		LaSalle, ON	06.04.2005
9:33.82	Nancy Norman	(61)	Coquitlam, BC	08.14.1992
9:35.58	Norman		Ottawa, ON	06.24.1992
9:37.22 *indoor	Julia Hicks	(85)	Lexington, KY	02.24.2007
9:39.69	Hicks		Nashville, TN	04.20.2007
9:40.39	Hicks		Nashville, TN	04.22.2005
9:44.63 *indoor	Hicks		Fayetteville, AR	02.16.2008
9:51.10 *dome	Hicks		Ottawa, ON	01.24.2009
9:56.14 *dome	Hicks		Ottawa, ON	11.22.2008
9:38.09	Dana Buchanan	(84)	Eugene, OR	03.18.2006
9:48.79	Buchanan		Ottawa, ON	06.28.2008
9:53.86	Buchanan		Ottawa, ON	07.18.2007
9:58.82	Buchanan		Ottawa, ON	07.16.2008
9:38.38 *indoor	Debbie Maklin	(67)	Syracuse, NY	02.06.1993
9:40.72	Lisa Presedo	(65)	Lafayette, LA	03.26.1993
9:41.14 *indoor	Maureen de St. Croix	(53)	Montreal, QU	01.25.1986
10:04.15	de St. Croix		Ottawa, ON	06.12.1991
9:47.09	Kristin Marvin	(75)	Sherbrooke, QU	07.08.1993
9:47.70 *indoor	Daniele Riendeau	(84)	Houston, TX	02.25.2006
9:47.82	Theresa Brideau	(65)	Sudbury, ON	07.04.1992
9:52.94 *indoor	Hilary Burn	(79)	Winnipeg, MB	03.11.2005
9:53.33	Kelly Young	(84)	Downsview, ON	08.02.2008
9:53.47 *indoor	Jackie Bonisteel	(84)	Notre Dame, IN	02.06.2004
9:53.64	Carolyn Hubbard	(67)	Halifax, NS	07.02.1988
9:54.40 *indoor	Julia Nikonorova	(92)	Montreal, QC	01.28.2011
9:54.43 *dome	Leah Larocque	(89)	Ottawa, ON	01.15.2011
9:55.92	Emma Norman	(93)	Sudbury, ON	06.02.2011
10:00.01	Norman		Ottawa, ON	05.27.2011
10:07.20	Norman		Ottawa, ON	08.08.2010
10:07.33	Norman		Brockville, ON	05.19.2011
10:17.85	Norman		Sherbrooke, QU	08.09.2008
9:56.76	Katie Engel	(87)	Ottawa, ON	07.23.2003
9:58.94	Jacqueline Pelot		Ottawa, ON	06.23.1982
10:00.09 *dome	Tiffany Locke	(88)	Ottawa, ON	11.24.2007
10:03.73	Locke		Ottawa, ON	07.16.2008
10:01.45	Katie Jeffrey	(80)	Ottawa, ON	07.12.1997
10:01.94	Lisa Soubliere	(66)	Montreal, QU	01.21.1984
10:02.82	Imogen Murphy	(75)	Sherbrooke, QU	07.08.1993
10:03.29	Julia Malleck	(87)	Ottawa, ON	08.04.2010
10:07.08	Rhonda Sherrer	(80)	Fayetteville, AR	04.14.2003
10:07.20	Annette Ebbinghaus	(63)	Ottawa, ON	06.27.1990
10:09.77	Julia Nikonorova	(92)	Winnipeg, MB	07.10.2011
10:10.38	Vanessa Piazza	(82)	Ottawa, ON	05.29.1997
10:10.47	Kate McCormack		Etobicoke, ON	06.03.1989
10:10.98	Tess Acton	(88)	Ottawa, ON	07.23.2003
10:13.78	Lindsay Anderson	(91)	Ottawa, ON	06.08.2007
10:14.25	Liz Henry	(66)	Etobicoke, ON	06.02.1984
10:15.42	Renee Embree	(77)	Saskatoon, SK	08.14.1993
10:16.03	Shiyi Zan	(88)	Montreal, QU	07.08.2005
10:16.11 *dome	Jennie Biewald	(88)	Ottawa, ON	03.05.2006
10:17.27	Lauren Clobridge	(77)	Kitchener, ON	06.06.1996
10:18.01	Elizabeth Miller	(86)	Ottawa, ON	07.16.2008
10:19.18	Amanda McLenaghan	(71)	Ottawa, ON	06.27.1990
10:21.14	Jenny Carkner	(80)	Kitchener, ON	06.06.1996
10:21.86 *dome	Robyn Erickson	(86)	Montreal, QC	02.21.2009
10:22.14	Laura Wardlaw		Etobicoke, ON	06.07.1980

10:23.86	Liz Heney	(66)	Ottawa, ON	06.07.1986
10:24.40	Robin McRobbie	(81)	Etobicoke, ON	06.07.1997
10:25.90	Heather Slinn	(92)	London, ON	06.14.2009
10:27.68	Susie Egar	(82)	Montreal, QU	07.15.2000
10:28.38 *dome	Sarah Boyd	(91)	Ottawa, ON	11.24.2007

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MEN

(Threshold Ranking 15:00.00)

13:25.16	Sean Kaley	(75)	Victoria, BC	08.11.2000
13:26.28	Kaley		Manchester, GBR	07.31.2002
13:34.37	Kaley		Walnut, CA	04.14.2000
13:37.76	Kaley		Palo Alto, CA	03.30.2002
13:40.54	Kaley		Palo Alto, CA	05.04.2001
13:41.11	Kaley		Eugene, OR	06.24.2000
13:41.15	Kaley		Walnut, CA	04.17.1999
13:41.67	Kaley		Palme de Mallorca, ESP	07.10.1999
13:42.46	Kaley			1998
13:43.42	Kaley		Victoria, BC	07.18.2003
13:47.10 *indoor	Kaley		Indianapolis, IN	02.14.1998
13:35.86	Steve Agar	(68)	Walnut, CA	05.18.1998
13:50.00	Agar		Burnaby, BC	06.04.1994
13:38.09	Marc Olesen	(64)	Palo Alto, CA	03.27.1991
13:41.46	Olesen		Port Alberni, BC	06.02.1993
13:45.45	Olesen		Burnaby, BC	06.10.1989
13:45.51	Olesen		Victoria, BC	05.31.1995
13:58.82	Olesen		Victoria, BC	07.27.1994
13:50.89	Murray Link	(77)	Durham, NC	06.03.2000
13:52.31 *indoor	Link		Fayetteville, AR	03.09.2001
13:52.37	Link		Walnut, CA	04.14.2000
13:53.89	Link		Palo Alto, CA	05.04.2001
14:28.70	Link		Philadelphia, PA	04.22.1999
14:29.54	Link		Baton Rouge, LA	05.14.2000
13:51.93	Christian Weber	(66)	Brunswick, ME	07.04.1998
14:04.58	Weber		Walnut, CA	04.14.2000
14:24.65	Weber		Montreal, QU	07.16.1999
13:54.94	Richard Charette	(67)	Boston, MA	06.30.1993
14:09.10	Charette		Ottawa, ON	07.13.1994
14:04.74	John Bowden	(69)	Sudbury, ON	07.04.1992
14:09.24	Richard Charette	(67)	Ottawa, ON	07.13.1994
14:14.18	Mike Woods	(86)	State College, PA	05.13.2007
14:15.08 *indoor	Josh Karanja	(84)	South Bend, IN	03.07.2008
14:24.64	Chris McGregor	(75)	Raleigh, NC	03. ? .1998
14:25.14	Adrian Baird	(63)	Montreal, QU	06.16.1984
14:37.64	Dave Stewart	(48)	Ottawa, ON	08.19.1981
14:37.73	Jean-Paul Nyonsaba	(82)	Ottawa, ON	08.02.2002
14:42.08	Mohammed Hussein	(71)	Downsview, ON	06.26.1993
14:43.46	Matt Lamourie	(73)	Montreal, QU	06.15.1992
14:44.89	Kevin Lee	(73)	Montreal, QU	06.15.1992
14:45.64	Doug Haines	(56)	Ottawa, ON	08.19.1981
14:48.60	Andy Jones	(61)	Ottawa, ON	08.05.1992
14:49.74 *indoor	Bruce Deacon	(66)	London, ON	01.17.1986
14:49.79	Maya Aden	(84)		2005
14:50.18	Stephen Drew	(77)	Downsview, ON	06.12.2004
14:54.88 *indoor	Robert Hardy	(62)	Downsview, ON	03.01.1986

WOMEN

(Threshold Ranking 18:30.00)

15:34.33	Sarah Dillabaugh	(73)	Montreal, QU	07.07.2000
15:40.15	Dillabaugh		Victoria, BC	08.11.2000

15:45.53	Dillabaugh		Dedham, MA	07.01.2000
15:53.73	Dillabaugh		Brunswick, ME	07.06.2002
16:07.44	Dillabaugh		Winnipeg, MB	06.25.1999
16:16.12	Dillabaugh		Waltham, MA	05.25.2002
16:22.49	Dillabaugh		Edmonton, AB	06.23.2001
16:29.84	Dillabaugh		Montreal, QU	07.16.1999
16:08.08	Tracy Robertson	(77)	Walnut, CA	04.20.2001
16:39.37 *indoor	Robertson		Lexington, KY	02.25.2001
16:43.29 *indoor	Robertson		Fayetteville, AR	04.27.2000
16:53.54	Robertson		Edmonton, AB	06.22.2001
16:08.53	Tania Jones	(69)	Philadelphia, PA	04.24.1997
16:14.98	Jones		Victoria, BC	08.11.2000
16:21.88	Jones		Montreal, QU	06.20.1996
16:30.41	Jones		Montreal, QU	07.12.1998
16:30.80	Jones		Montreal, QU	07.16.1999
16:30.84	Jones		Montreal, QU	07.18.1995
16:25.90	Mary Jane Richards	(76)	Ottawa, ON	08.03.1994
16:27.65	Lisa Presedo	(65)	Des Moines, IA	04.30.1988
16:34.17	Nathalie Cote	(73)	Montreal, QU	06.20.1996
16:45.51 *indoor	Julia Hicks	(85)	Lexington, KY	02.25.2007
16:54.39	Hicks		Des Moines, IA	04.27.2006
17:00.44	Hicks		Windsor, ON	07.13.2007
17:14.82	Daniele Riendeau	(84)	Nashville, TN	04.21.2006
17:15.38	Danelle Woods	(89)	Champagne, IL	05.16.2008
17:30.62	Julia Nikonorova	(92)	Downsview, ON	06.12.2011
17:32.56	Nikonorova		Ithaca, NY	05.01.2011
17:43.33	Jill Stapleton	(82)	Ottawa, ON	08.04.2006
17:52.86	Rhonda Sherrer	(80)	Arlington, TX	05.12.2002
17:57.84	Karen Chorney	(58)	Ottawa, ON	08.01.1990
18:01.81	Katie Jeffery	(80)	Ottawa, ON	07.04.1998
18:02.30	Lauren Clobridge	(77)	Sudbury, ON	07.19.1996
18:14.92	Tiffany Locke	(88)	Ottawa, ON	08.08.2007
18:15.60	Tina Lamoureux	(77)	Sudbury, ON	07.19.1996
18:25.32	Stacey Lance	(83)	Ottawa, ON	08.08.2007
18:25.77	Elizabeth Miller	(86)	Ottawa, ON	06.20.2008
18:27.76	Jackie Bonisteel	(84)	Lower Sackville, NS	08.09.2003
18:27.83	Robin McRobbie	(81)	Mobile, AL	04.20.2002

10,000 Meters

MEN

(Threshold Ranking 34:::00.00)

28:01.06	Sean Kaley	(75)	Palo Alto, CA	05.06.2000
28:01.29	Kaley		Palo Alto, CA	05.03.2002
28:26.89	Kaley		Palo Alto, CA	05.07.1999
28:33.63	Kaley		Burnaby, BC	06.03.2000
28:31.99	Kaley		Manchester, GBR	07.26.2002
28:36.07	Kaley		Sydney, AUS	09.22.2000
28:39.71	Kaley		Burnaby, BC	06.01.2002
28:47.59	Kaley		Palo Alto, CA	05.03.2003
29:03.31	Kaley			1998
29:18.49	Kaley		Winnipeg, MB	06.26.1999
28:23.78	Chris Weber	(66)	Palo Alto, CA	05.06.2000
28:46.15	Weber		Palo Alto, CA	03.25.2000
28:53.77	Weber		Burnaby, BC	06.03.2000
28:58.14	Weber		Burnaby, BC	06.05.1999
28:48.00	Murray Link	(77)	Walnut, CA	04.20.2001
28:51.94	John Halvorsen	(66)	Coquitlam, BC	05.27.1995
30:29.40	Adrian Baird	(63)	St. John, NB	08.12.1985
30:52.59	Mohammed Hussein	(71)	Ottawa, ON	07.02.1993
30:55.03	Andy Jones	(61)	Sherbrooke, QU	08.01.1992
31:12.99	Rob Hardy	(62)	Montreal, QU	05.31.1985
31:36.26	Steven Drew	(77)	London, ON	05.24.2006

32:12.39	Matt Pieteron	(82)	Ottawa, ON	08.06.2008
32:42.58	Kevin Lee	(73)	Kingston, ON	07.15.1994
32:52.74	Joshua Karanja	(84)	Saskatoon, SK	07.03.2003

WOMEN

(Threshold Ranking 38:00.00)

33:15.35	Lisa Presedo	(65)	Montreal, QU	07.26.1991
34:08.44	Presedo		Burnaby, BC	06.07.1991
34:27.29	Presedo		Philadelphia, PA	04.22.1993
35:27.94	Presedo		Auburn, AL	05.14.1988
36:15.54	Jackie Harkes	(63)	Ottawa, ON	06.03.1987
37:26.66	Lauren Clobridge	(77)	Austin, TX	04.03.1999

Marathon

MEN

(Threshold Ranking 2:40:00)

2:23.08	Stephane Gamache	(75)	Sacramento, CA	12.03.2000
2:23.24	Gamache		Ottawa, ON	05.12.2002
2:26.27	Gamache		Niagara Falls, ON	10.24.2004
2:23.30	Andy Jones	(61)	Ottawa, ON	05.10.1992
2:28.19	Jones		Ottawa, ON	05.08.1994
2:30.53	Jones		Ottawa, ON	05.09.1999
2:24.14	Bob Slipp	(50)	Ottawa, ON	05.13.1984
2:24.28	Larry McCloskey	(55)	Ottawa, ON	05.13.1984
2:24.40	McCloskey		Montreal, QU	09.22.1985
2:26.37	McCloskey		Ottawa, ON	05.10.1987
2:26.13	Gord Moat		Ottawa, ON	1980
2:26.23	Doug Scorrar			1981
2:29.23	Dave Stewart	(48)	Ottawa, ON	1981
2:31.01	Alain Boucher	(59)	Ottawa, ON	05.14.1995
2:33.58	Steve Spalding		Toronto, ON	1980

WOMEN

(Threshold Ranking 3:20.00)

2:39.56	Lisa Presedo	(65)	Toronto, ON	09.09.1990
2:43.53	Presedo		Charlotte, NC	01.26.1991
2:40.09	Tania Jones	(69)	Ottawa, ON	05.14.2000
2:48.25	Jones		Ottawa, ON	05.08.1999
2:49.34	Jones		Houston, TX	01.16.2000
2:49.59	Helen Cooper		Ottawa, ON	1981
2:50.12	Jeanie Cameron		Ottawa, ON	1981
2:57.32	Debbie Maklin	(67)	Ottawa, ON	05.12.2002
3:08.22	Anne Wardlaw	(48)	Ottawa, ON	05.13.1979
3:15.58	Lynn Parrington	(69)	Ottawa, ON	05.13.1984

Race Walks

5000m - WOMEN

22:01.09	Ann Peel	(60)	Zagreb, YUG	07.17.1987
22:11.01	Peel		Ottawa, ON	07.31.1987
22:17.64	Peel		Bergen, Norway	05.05.1984
22:18.6	Peel		Ottawa, ON	06.21.1986
23:43	Rachel Robichaud	(71)	L'Hospitalet, Spain	05.09.1994
23:32.9	Robichaud		Laval, QU	07.02.1995
24:00.89	Robichaud		Ottawa, ON	07.03.1993

24:52.64	Joanna Irvine	(66)	Brockville, ON	09.20.1992
26:19	Isabelle Kim	(76)	Ottawa, ON	09.24.1995

5000m - MEN

22:22.10	Dan Broderick	(64)	Downsview, ON	03.19.1983
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10,000m - WOMEN

45:06 r	Ann Peel	(60)	New York, NY	05.03.1987
45:27 r	Peel		Rome, Italy	09.01.1987
47:58 r	Rachel Robichaud	(71)	Montreal, QU	06.15.1995
48.32 r	Robichaud		Niagara Falls, NY	07.16.1994

20km - MEN

1:40.37.4	Jeff Cassin	(68)	Coquitlam, BC	08.14.1992
1:40.50	Cassin		Washington, DC	03.28.1993
1:41.26	Dan Broderick	(64)		1983

Hurdles

60m Hurdles

MEN

(Threshold Ranking 9.10)

7.70	Charles Allen	(77)	Boston, MA	01.26.2008
7.74	Allen		Fayetteville, AR	02.16.2008
7.75	Allen		Montreal, QU	02.18.2006
7.77	Allen		Ames, IA	02.11.2006
7.77	Allen		Montreal, QU	02.18.2006
7.80	Allen		Ames, IA	02.11.2006
7.99	Jeff Glass	(62)	Windsor, ON	02.05.1989
8.04	Sekou Kaba	(90)	NYC, NY	02.03.2012
8.05	Kaba		Montreal, QC	01.28.2012
8.11	Kaba		Canton, NY	01.21.2012
8.12	Kaba		Ottawa, ON	01.14.2012
8.13	Kaba		Ottawa, ON	01.14.2012
8.15	Kaba		Ottawa, ON	03.05.2011
8.12	Tyler Fawcett	(88)	Windsor, ON	03.11.2010
8.13	Fawcett		Toronto, ON	02.26.2010
8.20	Fawcett		Windsor, ON	03.11.2010
8.21	Fawcett		Windsor, ON	03.13.2009
8.26	Fawcett		Montreal, QU	03.07.2008
8.16	Cody Sorensen	(86)	Montreal, QU	03.07.2008
8.22	Sorensen		Windsor, ON	02.23.2008
8.19	Stuart Pearson	(89)	Ottawa, ON	01.17.2009
8.29	Pearson		Montreal, QU	12.05.2009
8.31	Pearson		Montreal, QU	12.05.2009
8.37	Pearson		Ottawa, ON	02.07.2009
8.44	Pearson		Ottawa, ON	02.07.2009
8.20	Jermaine Bucknor	(83)	Montreal, QU	12.14.2002
8.26	Bucknor		Montreal, QU	12.13.2003
8.22	Oluwasegun Makinde	(91)	Downsview, ON	02.26.2010
8.30	Makinde		Downsview, ON	02.26.2010
8.32	Makinde		Windsor, ON	03.11.2010
8.35	Makinde		Windsor, ON	03.11.2010
8.36	Makinde		Ottawa, ON	01.15.2011
8.38	Makinde		Montreal, QC	02.19.2010

8.39		Makinde		Ottawa, ON	01.16.2010
8.27		Mark Chenery	(88)	Montreal, QC	01.28.2012
8.31		Chenery		NYC, NY	02.03.2012
8.37		Shawn Wilcox	(73)	Montreal, QU	01.19.1996
8.46		Gabriel Tesfaye	(92)	Montreal, QC	02.18.2012
8.48		Patrick Plouffe	(65)	Montreal, QU	02.10.1990
8.51		Patrick Arbour	(88)	Toronto, ON	02.26.2010
8.52		Hubert Chevrette-Belisle	(91)	Canton, NY	01.21.2012
8.53		Steve Yorston	(68)	Sherbrooke, QU	01.20.1990
8.68		Warren Walrond	(70)	Windsor, ON	03.04.1994
8.76		Olivier Gauthier-Kwan	(90)	Montreal, ON	02.16.2008
8.81		Saj Alhaddad	(92)	Montreal, QC	01.28.2012
9.09		Reid Gustavson	(88)	Ottawa, ON	02.12.2011

WOMEN

(Threshold Ranking 9.30)

8.12		Lesley Tashlin	(69)	Atlanta, GA	03.03.1996
8.14		Tashlin			1996
8.30		Tashlin			1995
8.42		Tashlin		Winnipeg, MB	02.20.1993
8.44		Tashlin			1994
8.39		Ashlea Maddex	(92)	Windsor, ON	01.13.2012
8.48		Maddex		Windsor, ON	01.13.2012
8.49		Maddex		Ottawa, ON	02.12.2011
8.63		Maddex		Ottawa, ON	02.12.2011
8.69		Maddex		Ottawa, ON	03.05.2011
8.71		Maddex		Hanover, NH	01.10.2010
8.73		Maddex		Ottawa, ON	02.13.2010
8.73		Maddex		Ottawa, ON	02.13.2010
8.45		Leslie Estwick	(60)	Saskatoon, SK	02.16.1991
8.51		Estwick		Montreal, QU	04.15.1989
8.54		Estwick		Sherbrooke, QU	02.24.1990
8.55		Estwick		Sherbrooke, QU	03.02.1991
8.57		Estwick		Winnipeg, MB	02.20.1993
8.51		Ashley Purnell	(83)	Saskatoon, SK	01.13.2002
8.63		Esther Akinsulie	(84)	Hanover, NH	01.05.2007
8.72		Akinsulie		Montreal, QC	02.21.2009
8.92		Akinsulie		Ottawa, ON	02.07.2009
8.96		Akinsulie		Ottawa, ON	02.07.2009
8.64		Leanne Wall	(74)	Windsor, ON	03.05.1994
8.64		Wall		Edmonton, AB	03.12.1994
8.65		Wall		Windsor, ON	03.05.1994
8.76		Miranda Kirby	(68)	Windsor, ON	02.20.1988
8.86		Karelle Edwards	(90)	New York, NY	02.21.2009
8.90		Edwards		Montreal, QU	02.16.2008
8.92		Andrea Bacciochi	(68)	Sherbrooke, QU	01.22.1989
8.93		Torri Merrill	(87)	New York City, NY	02.04.2011
8.94		Kim Rapley	(68)	Montreal, QU	02.11.1989
9.00		Tania Bambi	(94)	Montreal, QC	02.19.2011
9.01		Karen Hanna	(64)	Edmonton, AB	03.14.1986
9.06		Anne LeBel	(79)	Montreal, QU	01.17.1997
9.08		Michele Krech	(86)	North York, ON	02.28.2011
9.20		Jackie Lesway	(89)	Ottawa, ON	01.27.2007
9.24		Alison Armstrong	(61)	Canyon, TX	02.18.1984

80 Hurdles

(76cm)

WOMEN

(Threshold Ranking 13:00)

11.21	(1.9)	Lesley Tashlin	(69)	Ottawa, ON	06.06.2001
11.22	nwi	Tashlin		Ottawa, ON	06.09.1999
11.32	(2.7)	Tashlin		Ottawa, ON	07.21.1993

11.25	(0.1)	Leslie Estwick	(60)	Brisbane, AUS	07.12.2000
11.44	(0.3)	Andrea Bacchiochi	(68)	Ottawa, ON	07.11.1990
11.56	nwi	Anne LeBel	(79)	Kitchener, ON	06.07.1996
11.83	(-3.5)	Chantale Dejardin	(75)	Downsview, ON	06.06.1992
11.88	(-1.7)	Ashlea Maddex	(92)	Hamilton, ON	06.06.2008
12.03	nwi	Maddex		Brockville, ON	05.22.2008
12.05 *dome	-	Maddex		Ottawa, ON	04.10.2008
11.98	(-0.3)	Andrea White	(86)	Ottawa, ON	06.27.2007
12.06	nwi	Alison Cross	(81)	Kitchener, ON	06.07.1996
12.07	nwi	Michelle Romance	(79)	Kitchener, ON	06.07.1996
12.12	nwi	Leanne Wall	(73)	Sudbury, ON	06.01.1990
12.12	nwi	Veronique Fortin	(78)	Ottawa, ON	06.27.2007
12.12	(-0.7)	Tania Bambi	(94)	Hamilton, ON	07.11.2009
12.18	(0.7)	Bambi		Timmins, ON	07.25.2009
12.36	(-0.1)	Bambi		Hamilton, ON	07.11.2009
12.16	(0.9)	Stacy Coleman	(0.9)	Sudbury, ON	05.31.1991
12.21	(-0.7)	Patricia Gauthier	(85)	Honolulu, HI	05.03.2005
12.23	(0.9)	Devyani Biswal	(93)	Toronot, ON	06.05.2009
12.25	(1.9)	Dayna Barrett	(82)	Ottawa, ON	06.06.2001
12.29	nwi	Julia Carew	(85)	Ottawa, ON	05.30.2002
12.41	(0.9)	Julia Stille	(93)	Toronto, ON	06.05.2009
12.47	nwi	Courtney Connor	(87)	Ottawa, ON	07.26.2006
12.47	(1.9)	Anna Gilliatt	(93)	Toronto, ON	06.05.2009
12.48	(1.2)	Shantia Thompson	(86)	Belleville, ON	07.07.2001
12.50	(0.0)	Charmaine Wilson	(73)	Ottawa, ON	08.08.1990
12.50	(-2.1)	Emilie Halle	(90)	Etobicoke, ON	06.02.2006
12.54	(-0.6)	Julia Stille	(93)	Ottawa, ON	05.12.2009
12.56	nwi	Ashley Purnell	(83)	Ottawa, ON	05.19.2000
12.63	(-0.8)	Bridget Hayes	(95)	Ottawa, ON	05.27.2011
12.64	(1.1)	Alexia Lamothe	(96)	Sudbury, ON	06.02.2011
12.65	(-0.3)	Charlotte Gardner	(94)	London, ON	06.03.2010
12.68	nwi	Tania Bambi	(94)	Brockville, ON	06.21.2009
12.72	(0.7)	Divyajyoti Biswal	(93)	Ottawa, ON	05.21.2009
12.73	nwi	Julianna Tebrake	(95)	Ottawa, ON	07.21.2010
12.74	(0.1)	Sophie Robillard	(73)	Ottawa, ON	07.11.1990
12.75	(-3.9)	Sharon Spear	(78)	Kitchener, ON	07.30.1994
12.80	nwi	Amanda McKinnon	(94)	Ottawa, ON	07.21.2010
12.83	(-0.6)	Clara Phillips	(95)	Ottawa, ON	05.05.2011
12.84	nwi	Josephine Sindani	(90)		2005
12.89	(-0.1)	Karen Hough	(74)	Hamilton, ON	07.22.1989
12.89 *dome	-	Divyajyoti Biswal	(93)	Ottawa, ON	04.23.2009
12.92	nwi	Sonia Allison	(91)	Belleville, ON	06.01.2007
12.93	(0.8)	Kerry-Ann Lindo	(93)	Hamilton, ON	07.11.2009
12.98	(1.1)	Angela Needham	(73)	Etobicoke, ON	07.21.1990
12.98	(0.0)	Michelle Patterson	(73)	Ottawa, ON	08.08.1991
12.98	(2.3)	Alana McBride	(95)	Ottawa, ON	08.07.2010
12.99 *dome	-	Jackie Lesway	(89)	Ottawa, ON	01.08.2006

100m Hurdles - WOMEN (84cm) (Threshold Ranking 16:00)

12.96	(0.7)	Lesley Tashlin	(69)	Baton Rouge, LA	05.11.1996
13.03		Tashlin			1998
13.13	(1.2)	Tashlin		Winnipeg, MB	07.30.1999
13.17	(-0.7)	Tashlin		Winnipeg, MB	06.26.1999
13.23	(0.8)	Tashlin		Winnipeg, MB	06.26.1999
13.23	(0.3)	Tashlin		Flagstaff, AZ	07.19.1999
13.25	(0.1)	Tashlin		Flagstaff, AZ	07.19.1999
13.27	(1.9)	Tashlin		Montreal, QU	07.14.1995
13.35	(1.0)	Tashlin		Ottawa, ON	06.12.1996
13.40	(1.0)	Tashlin		Victoria, BC	08.26.1994
13.45	(1.8)	Tashlin		Kitchener, ON	07.22.2000

13.46	(0.3)	Tashlin		Edmonton, AB	06.23.2001
13.50	(0.1)	Leslie Estwick	(60)	Ottawa, ON	06.15.1991
13.52	(0.0)	Estwick		Provo, UT	05.25.1991
13.54	(0.6)	Estwick		Provo, UT	05.23.1991
13.54	(0.3)	Estwick		New York, NY	07.20.1991
13.54	(1.8)	Estwick		Kitchener, ON	07.15.1994
13.54	(1.9)	Estwick		Victoria, BC	07.28.1994
13.55	(0.1)	Estwick		Provo, UT	05.28.1992
13.59	(1.0)	Ashlea Maddex	(92)	Miramar, FL	07.22.2011
13.68	(1.8)	Maddex		Ithaca, NY	05.01.2011
13.74	(0.7)	Maddex		Winnipeg, MB	07.10.2011
13.82	(-0.2)	Maddex		Moncton, NB	07.19.2010
13.98	(-05)	Maddex		Ottawa, ON	06.27.2010
14.15	(0.8)	Maddex		Ottawa, ON	06.26.2010
14.21	(-4.0)	Maddex		Moncton, NB	07.03.2010
14.26	(-2.2)	Maddex		Toronto, ON	06.26.2009
14.42	(-0.1)	Maddex		Ottawa, ON	08.14.2008
13.83	(0.1)	Rosey Edeh	(66)	Hamilton, ON	06.09.1989
13.85	(1.4)	Miranda Kirby	(68)	Baton Rouge, LA	04.29.1989
13.99	(0.5)	Karelle Edwards	(90)	Ottawa, ON	06.21.2008
14.06	(-1.2)	Edwards		Ottawa, ON	06.11.2008
14.07	(1.0)	Edwards		Abbotsford, BC	07.26.2008
14.22	(-0.8)	Edwards		Ottawa, ON	06.21.2008
14.30	(1.1)	Edwards		Ithaca, NY	05.03.2008
14.06	(1.8)	Leanne Wall	(73)	Ottawa, ON	07.02.1993
14.12	(1.6)	Ashley Purnell	(83)	London, ON	06.30.2001
14.22	(1.7)	Andrea Bacchiochi	(68)	Etobicoke, ON	07.21.1990
14.34	(1.5)	Anne LeBel	(79)	Limerick, IRE	08.25.1996
14.43	(0.0)	Esther Akinsulie	(84)	Ottawa, ON	08.15.2007
14.64	(1.1)	Alison Armstrong	(61)	Saskatoon, SK	08.16.1986
14.68	(1.0)	Tania Bambi	(94)	Ottawa, ON	07.17.2011
14.82	(1.8)	Chantale Dejardin	(75)	Kitchener, ON	07.15.1994
14.82	(-0.4)	Andrea White	(86)	Downsview, ON	06.12.2004
14.87	(1.4)	Karen Hanna	(64)	Ottawa, ON	05.18.1985
14.94	(0.1)	Jennifer Parslow	(70)	Ottawa, ON	08.16.1989
14.95	(1.3)	Courtney Connor	(87)	Ottawa, ON	07.02.2005
14.96	(1.7)	Kim Rapley	(68)	Coquitlam, BC	08.14.1992
14.96	(0.6)	Victoria Merrill	(87)	Ottawa, ON	07.17.2011
14.99	(1.4)	Patricia Gauthier	(85)	Tulsa, OK	05.13.2005
15.00	(0.1)	Veronique Fortin	(78)	Windsor, ON	07.13.2007
15.01	(1.5)	Ann-Marie Vanneste	(70)	Baton Rouge, LA	04.18.1992
15.06	(0.6)	Sharon Spear	(78)	Kitchener, ON	07.07.1996
15.11	(0.0)	Emilie Halle	(90)	Ottawa, ON	08.06.2008
15.03	(0.8)	Devyani Biswal	(93)	Ottawa, ON	06.26.2010
15.23	(-1.4)	Michele Krech	(86)	Calgary, AB	06.22.2011
15.32	(1.3)	Dayna Barrett	(82)	Downsveiw, ON	05.12.2001
15.35	(-4.5)	Julia Tousaw	(89)	Ottawa, ON	06.04.2008
15.44	(0.7)	Shannon Mueller	(90)	Ottawa, ON	06.21.2008
15.45		Jocelyn Poirier			2005
15.47	(2.0)	Emery Terrell	(93)	Ottawa, ON	05.22.2011
15.53	(0.0)	Sophie Robillard	(73)	Etobicoke, ON	08.03.1991
15.74	(-1.4)	Johanna Dobransky	(91)	Calgary, AB	06.22.2011
15.77	nwi	Michelle Romance	(79)	Ottawa, ON	06.09.1999
15.79	(0.8)	Michele Krech	(86)	Windsor, ON	07.04.2009
15.94	(0.7)	Mila Simulik	(90)	Ottawa, ON	07.09.2008

Significant Wind Aided Performances

13.07	(2.2)	Lesley Tashlin	(69)	Montreal, QU	07.31.1998
13.44	(4.4)	Leslie Estwick	(60)	Downsview, ON	06.22.1991
13.83	(2.4)	Ashlea Maddex	(92)	Toronto, ON	07.31.2010
14.08	(2.2)	Andrea Bacchiochi	(68)	Ottawa, ON	08.05.1989
14.15	(2.3)	Ashley Purnell	(83)	London, ON	06.20.2001
14.31	(2.3)	Anne LeBel	(79)	Kitchener, ON	08.09.1996
14.64	(2.4)	Devyani Biswal	(93)	Moncton, NB	07.02.2010
14.69	(2.8)	Victoria Merrill	(87)	Sherbrooke, QC	07.30.2011

14.91	(2.3)	Sharon Spear	(78)	Kitchener, ON	08.08.1996
15.03	(2.1)	Dayna Barrett	(82)	London, ON	06.29.2001
15.05	(4.0)	Andrea White	(86)	Ottawa, ON	06.16.2004
15.06	(2.8)	Michele Krech	(86)	Sherbrooke, QC	07.30.2011

100m Hurdles - Youth Girls (76cm) (Threshold Ranking 16:00)

13.71	(-1.9)	Ashlea Maddex	(92)	London, ON	06.03.2010
13.87	(1.9)	Maddex		Toronto, ON	06.05.2009
13.90	(1.5)	Maddex		Sudtirol, ITA	07.08.2009
13.95	(0.1)	Maddex		Sudtirol, ITA	07.09.2009
13.97	(0.0)	Maddex		Sherbrooke, QU	08.08.2009
13.98 *dome	-	Maddex		Ottawa, ON	04.29.2010
13.99	(0.6)	Maddex		London, ON	06.03.2010
14.41	(1.0)	Maddex		Downsview, ON	08.03.2008
13.87	(0.1)	Karelle Edwards	(90)	Ottawa, ON	05.29.2008
13.97	(-1.1)	Edwards		Hamilton, ON	06.06.2008
14.19	(0.4)	Edwards		Ottawa, ON	06.22.2007
14.20	(1.1)	Edwards		Ottawa, ON	06.08.2007
14.20	(-0.1)	Edwards		Ostrava, CZR	07.14.2007
14.27	(-5.0)	Edwards		Hamilton, ON	06.06.2008
14.28	(-1.3)	Edwards		Toronto, ON	08.05.2007
14.05	(-0.3)	Tania Bambi	(94)	Ottawa, ON	08.07.2011
14.12	(-2.1)	Bambi		Ottawa, ON	08.07.2011
14.31	(0.3)	Bambi		Downsview, ON	07.24.2011
14.44	(1.6)	Bambi		Sudbury, ON	06.02.2011
14.64	(-0.8)	Devyani Biswal	(93)	Ottawa, ON	06.27.2010
14.79	(0.0)	Biswal		Hamilton, ON	07.11.2009
14.83	(-1.5)	Biswal		Timmins, ON	07.09.2010
15.00	(-0.8)	Biswal		London, ON	06.03.2010
15.00	(0.0)	Biswal		Timmins, ON	07.26.2009
15.05	(0.0)	Biswal		Sherbrooke, QU	08.08.2009
15.07	(0.8)	Biswal		Timmins, ON	07.25.2009
15.08	(0.1)	Mila Simulik	(90)	Ottawa, ON	05.29.2008
15.11	(1.6)	Emery Terrell	(93)	Sudbury, ON	06.02.2011
15.19	(-0.7)	Jackie Lesway	(89)	Ottawa, ON	06.08.2007
15.35	(-4.5)	Julia Tousaw	(89)	Ottawa, ON	04.24.2008
15.37 *dome	-	Emilie Halle	(90)	Ottawa, ON	04.08.2009
15.37 *dome	-	Emma Dobson	(91)	Ottawa, ON	04.23.2009
15.37	(0.1)	Julia Stille	(93)	Ottawa, ON	06.17.2009
15.53	(0.5)	Bridget Hayes	(95)	Ottawa, ON	07.03.2011
15.60	(0.1)	Shannon Mueller	(90)	Ottawa, ON	05.29.2008
15.61	(-1.7)	Charlotte Gardner	(94)	Ottawa, ON	05.27.2011
15.62	(0.0)	Charlotte Eskridge	(92)	Sherbrooke, QU	08.08.2009
15.78	(-0.2)	Julianne Tebrake	(95)	Timmins, ON	07.09.2010
15.81	(1.2)	Divyajyoti, Biswal	(93)	Timmins, ON	07.25.2009

Significant Wind Aided Performances

13.72	(4.8)	Ashlea Maddex	(92)	Sherbrooke, QU	08.08.2009
13.81	(2.1)	Maddex		Toronto, ON	06.05.2009
14.18	nwi	Karelle Edwards	(90)	Belleville, ON	06.01.2007
14.19	(3.6)	Edwards		Ottawa, ON	05.21.2008
14.56	(4.8)	Devyani Biswal	(93)	Sherbrooke, QU	08.08.2009
14.90	nwi	Jackie Lesway	(89)	Belleville, ON	06.01.2007
15.13	(3.6)	Mila Simulik	(90)	Ottawa, ON	05.21.2008
15.40	nwi	Shannon Mueller	(90)	Brockville, ON	05.21.2008
15.48	(4.7)	Julianne Tebrake	(95)	Ottawa, ON	08.06.2010
15.68	nwi	Alison Cameron-Vendrig	(89)	Belleville, ON	06.01.2007

110m Hurdles - MEN (106.7cm) (Threshold Ranking 16:00)

13.57	(2.0)	Charles Allen	(77)	Ottawa, ON	08.05.2006
13.61	(1.4)	Allen		Luzern, SWI	07.16.2008

13.66	(-1.1)	Allen		Melbourne, AUS	03.21.2006
13.66	(1.2)	Allen		Melbourne, AUS	03.21.2006
13.69	(0.4)	Allen		Windsor, ON	07.13.2007
13.71	(0.0)	Allen		Kassel, GER	06.06.2008
13.74	(1.0)	Allen		Windsor, ON	07.05.2008
13.84	(-0.5)	Allen		Windsor, ON	07.04.2008
13.84	(1.0)	Allen		Ottawa, ON	06.21.2008
13.85	(0.9)	Allen		Downsview, ON	06.14.2008
13.86	(0.9)	Allen		Leiden, CZE	06.09.2007
13.88	(0.0)	Allen		Brisbane, AUS	03.05.2006
14.02	(0.6)	Sekou Kaba	(90)	Ottawa, ON	07.17.2011
14.03	(1.9)	Kaba		Ottawa, ON	07.03.2011
14.17	(0.6)	Kaba		Ottawa, ON	07.03.2011
14.20	(-0.4)	Kaba		Miramar, FL	06.11.2011
14.23	(2.0)	Kaba		Ottawa, ON	07.17.2011
14.54	(0.3)	Kaba		Ottawa, ON	08.14.2008
14.33	(1.9)	Shawn Wilcox	(73)	Kitchener, ON	07.04.1998
14.39		Wilcox			1998
14.64	(1.8)	Wilcox		Kitchener, ON	08.05.1995
14.63	(1.0)	Wilcox		Sudbury, ON	07.19.1996
14.47	(-0.3)	Stuart Pearson	(89)	Windsor, ON	07.04.2009
14.53	(1.0)	Pearson		Ottawa, ON	07.29.2009
14.64	(1.9)	Pearson		Charlottetown, PEI	08.25.2009
14.74	(0.0)	Pearson		Ottawa, ON	05.16.2009
14.76	(2.0)	Pearson		Baton Rouge, LA	04.18.2009
14.78	(-1.5)	Pearson		Windsor, ON	07.04.2009
14.87	(-1.8)	Pearson		Toronto, ON	06.26.2009
14.52	(-1.5)	Jermaine Bucknor	(83)	Sackville, NS	08.09.2003
14.98	(0.9)	Bucknor		Ottawa, ON	06.18.2003
15.01	(-0.6)	Bucknor		Kitchener, ON	08.02.2003
15.03	(0.0)	Bucknor		Downsview, ON	08.07.2004
15.06	(1.8)	Bucknor		Ottawa, ON	07.02.2005
15.07	(0.9)	Bucknor		Downsview, ON	08.06.2005
14.63	(-0.3)	Tyler Fawcett	(88)	Windsor, ON	07.04.2009
14.80	(0.2)	Fawcett		St. Laurent, QU	06.07.2008
14.80	(3.3)	Fawcett		Charlottetown, PEI	08.25.2009
14.88	(0.2)	Fawcett		Ottawa, ON	06.17.2009
14.89	(-2.7)	Fawcett		Toronto, ON	06.26.2009
14.96	(1.9)	Fawcett		Charlottetown, PEI	06.25.2009
14.69	(1.7)	Steve Yorston	(68)	Saskatoon, SK	08.19.1989
15.06	(-1.0)	Mark Chenery	(88)	Calgary, AB	06.23.2011
15.16	(-0.4)	Patrick Plouffe	(65)	Montreal, QU	07.11.1987
15.25	(0.3)	Colin Timm	(66)	Ottawa, ON	08.07.1990
15.31	(1.0)	Jeff Keays	(78)	Sudbury, ON	07.19.1996
15.46	(1.8)	Warren Walrond	(70)	Ottawa, ON	07.02.1994
15.58	(1.1)	Cody Sorensen	(86)	Ottawa, ON	07.02.2006
15.58	(-1.0)	Patrick Arbour	(88)	Calgary, AB	06.23.2011
15.60	(-1.5)	James Holder	(76)	Windsor, ON	07.13.2007

Significant Wind Aided Performances

14.59	(2.6)	Steve Yorston	(68)	Kitchener, ON	07.16.1994
14.61	(2.1)	Tyler Fawcett	(88)	St. Laurent, QU	06.07.2008
14.78	(3.8)	Jermaine Bucknor	(83)	Ottawa, ON	06.19.2004
15.43	(2.2)	Reid Gustavson	(88)	Ottawa, ON	06.08.2011

110m Hurdles - Junior Men (99cm)

13.92	(1.3)	Sekou Kaba	(90)	Ottawa, ON	06.21.2008
14.08	(1.0)	Kaba		Ottawa, ON	06.21.2008
14.26	(-0.1)	Kaba		Ottawa, ON	05.10.2008
14.29	(-2.3)	Kaba		Abbotsford, BC	07.25.2008
14.38	(0.9)	Kaba		Ottawa, ON	07.09.2008
14.39	(-0.2)	Kaba		Ottawa, ON	05.10.2008
14.44	(1.4)	Kaba		Ottawa, ON	05.24.2008
14.50	(-0.3)	Kaba		Abbotsford, BC	07.26.2008
14.52	(-2.1)	Kaba		Ottawa, ON	06.04.2008
14.64	(-1.1)	Kaba		Ottawa, ON	05.24.2008
13.92	(0.7)	Oluwasegun Makinde	(91)	Moncton, NB	07.02.2010

13.98	(1.0)	Makinde		Moncton, NB	07.23.2010
14.02	(1.6)	Makinde		London, ON	06.13.2009
14.05	(0.4)	Makinde		Moncton, NB	07.24.2010
14.06	(0.3)	Makinde		Ottawa, ON	06.26.2010
14.08	(0.3)	Makinde		Ottawa, ON	06.27.2010
14.18	(-2.6)	Makinde		Moncton, NB	07.03.2010
14.21	(-1.0)	Makinde		Downsview, ON	06.13.2010
14.27	(0.0)	Makinde		St. Laurent, QC	05.22.2010
14.50	(-0.7)	Makinde		Downsview, ON	06.12.2010
14.59	(0.8)	Makinde		London, ON	06.13.2009
15.26	(-0.3)	Makinde		Abbotsford, BC	07.26.2008
14.15	(-1.0)	Jeff Keays	(78)	Etobicoke, ON	06.06.1997
14.23	(1.1)	Tyler Fawcett	(88)	Ottawa, ON	05.10.2007
14.30	(-1.8)	Fawcett		Abbotsford, BC	07.27.2007
14.40	(1.7)	Fawcett		Abbotsford, BC	07.27.2007
14.41	(0.5)	Fawcett		Sherbrooke, QU	07.21.2006
14.41	(1.9)	Fawcett		Ottawa, ON	07.05.2006
14.46	(0.8)	Fawcett		Sherbrooke, QU	07.21.2006
14.48	(2.0)	Fawcett		Ottawa, ON	07.02.2006
14.48	(-0.1)	Fawcett		Ottawa, ON	05.10.2008
14.51	(1.5)	Fawcett		Ottawa, ON	06.17.2006
14.84	(0.8)	Shawn Wilcox	(73)	Sudbury, ON	05.31.1991
14.49	(-2.6)	Stuart Pearson	(89)	Abbotsford, BC	07.25.2008
14.63	(-0.1)	Pearson		Ottawa, ON	05.08.2008
14.57	(-0.7)	Jermaine Bucknor	(83)	Saskatoon, SK	07.26.2002
14.74	(0.3)	Bucknor		Saskatoon, SK	07.27.2002
14.79	(1.8)	Bucknor		Belleville, ON	06.09.2002
14.89	(1.6)	Bukhosi Mabaleka	(90)	London, ON	06.13.2009
14.92	(1.2)	Mabaleka		Charlottetown, PEI	07.18.2009
14.93	(1.8)	Mabaleka		London, ON	06.13.2009
14.90	(0.9)	Cody Sorensen	(86)	Ottawa, ON	06.18.2003
15.14	(1.4)	Dylan De Jong	(92)	Moncton, NB	07.02.2010
15.53	(-1.1)	Olivier Gauthier-Kwan	(89)	Ottawa, ON	05.24.2008
15.54	(1.0)	Antoine Despres-Bedward	(87)	Ottawa, ON	07.17.2004
15.62	(1.4)	Codie Primeau	(92)	Moncton, NB	07.02.2010
15.65	(-0.1)	Joe Hare	(90)	Ottawa, ON	05.08.2008
15.77	(1.4)	Spencer Bell	(91)	Charlottetown, PEI	07.17.2009

Significant Wind Aided Performances

13.93	(4.5)	Jeff Keays	(78)	Kitchener, ON	08.09.1996
14.08	(4.4)	Keays		Kitchener, ON	08.08.1996
14.14	(3.0)	Oluwasegun Makinde	(91)	St. Laurent, QC	05.29.2010
14.29	(5.7)	Tyler Fawcett	(88)	Ottawa, ON	07.02.2006
14.66	(2.2)	Jermaine Bucknor	(83)	Ottawa, ON	08.03.2002
15.17	nwi	Sasha Cesaratto	(77)	Ottawa, ON	05.03.1995
15.30	nwi	Charles Ross	(79)	Ottawa, ON	05.23.1996
15.37	(2.1)	Spencer Bell	(91)	Moncton, NB	07.02.2010
15.78	(7.7)	Chris Edwards	(86)	Ottawa, ON	06.16.2004

110m Hurdles - Youth Boys (91.4 cm) / This event recording was started in 2008

13.36 *NR	(1.6)	Oluwasegun Makinde	(91)	Toronto, ON	06.05.2009
13.51	(2.0)	Makinde		Brockville, ON	05.29.2009
13.68	(1.3)	Makinde		Ottawa, ON	05.21.2009
13.94	(0.6)	Makinde		Toronto, ON	06.05.2009
13.99 *dome	-	Makinde		Ottawa, ON	04.23.2009
14.10	(0.7)	Makinde		Kitchener, ON	07.18.2008
14.18 *dome	-	Makinde		Ottawa, ON	04.08.2009
14.22	(0.9)	Makinde		Ottawa, ON	05.07.2009
14.24	(1.1)	Makinde		Ottawa, ON	05.21.2009
14.28	(0.0)	Makinde		Ottawa, ON	05.13.2009
14.36	(-1.7)	Makinde		Hamilton, ON	06.06.2008
14.38	(0.9)	Makinde		Downsview, ON	08.03.2008
14.40	(1.0)	Makinde		Kitchener, ON	07.18.2008
14.72	(-1.0)	Makinde		Ottawa, ON	05.29.2008
14.78	(-1.5)	Makinde		Hamilton, ON	06.06.2008
15.00	(-0.9)	Makinde		Ottawa, ON	06.28.2008
15.07	(-0.4)	Makinde		Sherbrooke, QU	08.08.2008

15.15	(-1.1)	Makinde		Ottawa, ON	05.24.2008
15.29	(-0.4)	Makinde		Downsview, ON	08.03.2008
15.34	(1.0)	Makinde		Ottawa, ON	05.14.2008
16.05 *dome	-	Makinde		Ottawa, ON	04.24.2008
13.92	(-1.4)	Sekou Kaba	(90)	Hamilton, ON	06.06.2008
13.95	(-1.7)	Kaba		Hamilton, ON	06.06.2008
14.08	(1.3)	Kaba		Ottawa, ON	05.12.2008
14.12 *dome	-	Kaba		Ottawa, ON	04.23.2009
14.16 *dome	-	Kaba		Ottawa, ON	04.08.2009
14.18	(-1.0)	Kaba		Ottawa, ON	05.29.2008
14.25	(1.3)	Kaba		Ottawa, ON	05.21.2009
14.36	(-1.0)	Kaba		Ottawa, ON	05.29.2008
14.39	(-0.2)	Kaba		Ottawa, ON	05.08.2008
14.53 *dome	-	Kaba		Ottawa, ON	04.24.2008
14.76 *dome	-	Kaba		Ottawa, ON	04.10.2008
14.06 *dome	-	Stuart Pearson	(89)	Ottawa, ON	04.08.2009
14.56	(1.3)	Pearson		Ottawa, ON	05.12.2008
14.72 *dome	-	Pearson		Ottawa, ON	04.10.2008
14.11	(Ok)	Tyler Fawcett	(88)	Ottawa, ON	05.29.2007
14.73	(2.0)	Bukhosi Mabaleka	(90)	Brockville, ON	05.29.2009
14.76	(1.2)	Mabaleka		Toronto, ON	06.05.2009
15.12	(-2.1)	Dylan DeJong	(92)	London, ON	06.03.2010
15.24	(-1.0)	Joe Hare	(90)	Ottawa, ON	05.29.2008
15.27	(1.3)	Spencer Bell	(91)	Ottawa, ON	05.21.2009
15.45	(0.9)	Kevin Nault	(94)	Ottawa, ON	07.03.2011
15.48	(1.9)	Ben Clark	(93)	Ottawa, ON	07.28.2010
15.80	(0.0)	Codie Primeau	(92)	Sherbrooke, QU	08.08.2009

Significant Wind Aided Performances

14.10	(2.3)	Sekou Kaba	(90)	Toronto, ON	06.05.2009
14.92	(2.9)	Joe Hare	(90)	Ottawa, ON	05.21.2008
14.98	(4.0)	Hare		Ottawa, ON	05.08.2008
15.33	(1.4)	Hare		Ottawa, ON	05.24.2008
15.19	(3.2)	Spencer Bell	(91)	Sherbrooke, QU	08.10.2008

300m Hurdles

MEN

(Threshold Ranking 42:00)

37.45		Craig Hutton	(64)	Ottawa, ON	08.15.1990
37.88		Charles Ross	(79)	Kitchener, ON	06.08.1996
38.25		Jeff Keays	(78)	Kitchener, ON	06.08.1996
38.29		Ryan Therrien	(83)	Etobicoke, ON	06.02.2001
38.72		David McQuinn	(76)	Ottawa, ON	07.14.1993
38.77		Quinton Carew	(80)	Etobicoke, ON	06.07.1997
38.97		Cody Sorensen	(86)	St. Catherines, ON	06.07.2003
39.06		Cameron Smithers	(91)	Ottawa, ON	06.15.2011
39.11 *dome		Tyler Fawcett	(88)	Ottawa, ON	04.28.2006
39.11 *dome		Sekou Kaba	(90)	Ottawa, ON	04.16.2009
39.13		Spencer Bell	(91)	Ottawa, ON	07.14.2010
39.29 *dome		Stuart Pearson	(89)	Ottawa, ON	04.17.2008
39.33		Trevor Doucette	(89)	Windsor, ON	07.29.2006
39.69		Llew Edwards	(65)	Ottawa, ON	06.20.1990
39.74 *dome		Bukhosi Mabaleka	(90)	Ottawa, ON	04.16.2009
39.76		Isaiah Moses	(93)	London, ON	07.25.2010
39.93		Nourredine Chetibi	(86)	Kitchener, ON	08.03.2003
40.09		Codie Primeau	(93)	Ottawa, ON	06.15.2011
40.17		Gabriel Skupek-Martin	(93)	Toronto, ON	06.06.2009
40.63		Matt Stenson	(79)	Sudbury, ON	07.21.1996
40.72		Toluwalope Makinde	(93)	Ottawa, ON	06.27.2010
40.74		Quinton Carew	(80)	Sudbury, ON	07.21.1996

40.80	Stephen Patterson	(84)	Ottawa, ON	07.29.2001
40.86	Daniel Desgroseilliers	(94)	Ottawa, ON	08.07.2011
40.93 *dome	Kevin Boczar	(88)	Ottawa, ON	04.19.2007
40.99	Martin Chayer	(90)	Windsor, ON	07.29.2006
41.00 *dome	Jack Ohlsen	(89)	Ottawa, ON	04.19.2007
41.11	Kevin Nault	(94)	Ottawa, ON	08.08.2010
41.15	David Elgood	(71)	Ottawa, ON	08.15.1990
41.17	Cody Boast	(91)	Ottawa, ON	05.24.2007
41.21	Joe Hare	(90)	Belleville, ON	05.25.2006
41.28	Daniel Barbarie	(82)	Ottawa, ON	05.18.2000
41.46	Trevor Doucette	(89)	LaSalle, ON	06.04.2005
41.53	Ben Clark	(93)	Ottawa, ON	08.08.2010
41.64	Eric Leclerc	(92)	Ottawa, ON	05.29.2008
41.68	Justin Cameron	(94)	Ottawa, ON	08.07.2011
41.73	Tony Depres-Bedward	(87)	La Salle, ON	08.01.2004
41.78	Kevin Savard	(85)	Ottawa, ON	05.30.2002
41.78	Kofi Broughton			2005
41.92	Somron Touch	(93)	Timmins, ON	07.26.2009

WOMEN

(Threshold Ranking 48:00)

40.81	Rosey Edeh	(66)	Ottawa, ON	06.26.1991
42.39	Chantale Dejardin	(75)	Downsview, ON	06.07.1992
42.50	Isabelle Gervais	(77)	Ottawa, ON	08.15.2001
42.58	Anne LeBel	(79)	Sudbury, ON	07.21.1996
43.40 *dome	Ashlea Maddex	(92)	Ottawa, ON	04.22.2010
44.37 *dome	Julia Tousaw	(89)	Ottawa, ON	04.17.2008
44.42	Bailey Lewis	(86)	St. Catherines, ON	06.07.2003
44.44	Leslie Estwick	(60)	Ottawa, ON	07.01.1992
44.52	Sharon Spear	(78)	Kingston, ON	06.04.1995
44.60	Michelle Patterson	(73)	Etobicoke, ON	07.21.1990
44.64	Bridget Hayes	(95)	Downsview, ON	07.24.2011
45.19	Andrea White	(86)	Kitchener, ON	08.03.2003
45.36	Emilie Halle	(90)	North York, ON	08.03.2007
45.62	Karelle Edwards	(90)	North York, ON	08.03.2007
45.94	Fiona Callender	(92)	Downsview, ON	08.02.2008
46.03	Jenna Barr	(93)	Toronto, ON	06.06.2009
46.45	Julia Carew	(85)	Ottawa, ON	05.23.2002
46.50	Amanda McKinnon	(94)	London, ON	06.03.2010
46.52	Alannah McBride	(95)	Downsview, ON	07.24.2011
46.71	Charlotte Eskridge	(92)	Timmins, ON	07.26.2009
46.99	Anna Stolle	(93)	Brockville, ON	05.28.2009
47.07	Jessica Thompson	(94)	Ottawa, ON	08.07.2011
47.25	Dana Buchanan	(84)	Etobicoke, ON	06.02.2001
47.30	Tamara Evers	(75)	Ottawa, ON	05.28.1993
47.32	Meisha Cole	(89)	Ottawa, ON	06.28.2006
47.35	Leah Larocque	(89)		2005
47.46	Jenna Ciotti	(92)	Ottawa, ON	05.29.2008
47.48	Karen Hough	(74)	Downsview, ON	07.28.1990
47.49	Ashley Purnell	(83)	Ottawa, ON	05.18.2000
47.59	Julia Stille	(93)	Toronto, ON	06.06.2009
47.94	Melissa Daly-Buajitti	(90)	Belleville, ON	05.24.2006
47.94	Kim McDougall	(94)	Toronto, ON	06.06.2009

400m Hurdles

MEN

(Threshold Ranking 57:00)

51.02	Craig Hutton	(64)	Provo, UT	05.24.1990
51.08	Hutton		Ottawa, ON	08.07.1990
51.46	Hutton		Ottawa, ON	08.07.1988
51.50	Hutton		Provo, UT	05.26.1990
51.50	Hutton		Ottawa, ON	07.04.1990
51.64	Hutton		Ottawa, ON	07.04.1993
51.81	Hutton		Downsview, ON	07.19.1987
51.83	Hutton		Provo, UT	05.23.1991
51.13	Phillip Hughes	(67)	St. John, NB	08.16.1985
51.33	Hughes		Hamilton, ON	07.07.1987
51.37	Hughes		Ottawa, ON	08.02.1987
51.58	Hughes		Downsview, ON	07.07.1985
51.83	Hughes		Ottawa, ON	06.21.1986
51.85	Hughes		Downsview, ON	08.18.1987
51.88	Hughes		Downsview, ON	07.04.1987
51.13	Sasah Cesaratto	(77)	Fullerton, CA	05.21.1999
51.63	Cesaratto		Eagle Rock, CA	05.13.2000
51.83	Cesaratto		Eugene, OR	04.29.2000
51.85	Cesaratto		Walnut, CA	04.16.2000
52.40	Cesaratto		Atlanta, GA	05.17.2003
52.68	Cesaratto			1998
52.77	Cesaratto		Clemson, SC	05.10.2003
52.85	Cesaratto		Boise, ID	04.26.2002
53.66	Cesaratto		Burnaby, BC	06.02.2001
52.29	Stuart Pearson	(89)	Toronto, ON	06.27.2009
52.34	Pearson		Windsor, ON	07.06.2009
52.46	Pearson		Baton Rouge, LA	04.18.2009
52.72	Pearson		Toronto, ON	06.28.2009
53.11	Pearson		Ottawa, ON	05.29.2008
53.37	Pearson		Abbotsford, BC	07.27.2008
53.01	Tyler Fawcett	(88)	Sherbrooke, QU	06.16.2007
53.07	Fawcett		Abbotsford, BC	07.27.2007
53.40	Fawcett		Windsor, ON	07.12.2007
53.44	Fawcett		Sao Paulo, BRA	07.06.2007
53.48	Fawcett		Ottawa, ON	06.08.2007
53.52	Fawcett		Sao Paulo, BRA	07.06.2007
53.55	Fawcett		Belleville, ON	06.01.2007
53.69	Fawcett		Brockville, ON	05.24.2007
53.95	Fawcett		Sherbrooke, QU	07.23.2006
53.36	David McQuinn	(76)	Abostford, BC	07.29.1995
53.40	Cameron Smithers	(91)	Downsview, ON	07.23.2011
53.49	Smithers		Sudbury, ON	08.15.2010
53.81	Smithers		Ottawa, ON	05.28.2011
53.73	Colin Timm	(66)	Ottawa, ON	07.28.1988
54.04	Charles Ross	(79)	Dublin, IRE	08.21.1996
54.65	Ryan Therrien	(84)	Ottawa, ON	07.15.2001
54.66	Spencer Bell	(91)	London, ON	06.14.2009
55.12	Codie Primeau	(92)	Sherbrooke, QC	07.30.2011
55.42	Jack Ohlsen	(88)	Toronto, ON	07.29.2010
55.46	Jeff Keays	(78)	Kitchener, ON	07.22.1995
55.74	Llew Edwards	(65)	Ottawa, ON	06.15.1991
56.21	Brent Savard	(87)	LaSalle, ON	06.04.2005
56.24	Cody Sorensen	(86)	Ottawa, ON	06.18.2003
56.50 *(84cm)	Daniel Desgroseilliers	(94)	Ottawa, ON	05.21.2011
56.51	Kevin Boczar	(88)	Ottawa, ON	06.08.2007
56.70	David Elgood	(71)	Montreal, QU	07.07.1990
56.99	Antoine Despres-Bedward	(87)		2005

Youth Boys (84 cm) / This list started as of 2008

56.02	Spencer Bell	(91)	Sherbrooke, QU	08.10.2008
57.73	Bell		Ottawa, ON	06.28.2008
58.80	Cameron Smithers	(91)	Ottawa, ON	06.28.2008

WOMEN (Threshold Ranking 66:00)

56.10	Rosey Edeh	(66)	Provo, UT	06.02.1989
56.53	Edeh		Ottawa, ON	08.06.1989
56.80	Edeh		Ottawa, ON	08.05.1989
57.11	Isabelle Gervais	(77)	Flagstaff, AZ	07.06.2000
57.31	Gervais		Flagstaff, AZ	07.19.1999
57.57	Gervais		Winnipeg, MB	06.27.1999
57.60	Gervais		Flagstaff, AZ	07.17.1999
57.77	Gervais		Flagstaff, AZ	07.04.2000
58.03	Gervais		Beijing, CHN	08.30.2001
58.15	Gervais		Edmonton, AB	06.24.2001
58.30	Gervais			1998
58.48	Gervais		Ottawa, ON	07.22.2001
58.51	Gervais		Montreal, QU	08.02.1998
59.51	Ashlea Maddex	(92)	London, ON	06.03.2010
60.11	Maddex		Moncton, NB	07.04.2010
60.41	Maddex		Moncton, NB	07.22.2010
60.48	Maddex		Sherbrooke, QU	08.09.2009
59.69	Chantale Dejardin	(75)	Ottawa, ON	08.05.1992
59.97	Dejardin		Winnipeg, MB	07.26.1992
59.86	Esther Akinsulie	(84)	Ottawa, ON	08.06.2008
60.94 *Debut Race	Akinsulie		Montreal, QU	07.27.2008
60.10	Bailey Lewis	(86)	Saskatoon, SK	07.25.2004
61.57	Lewis		Ottawa, ON	07.14.2004
61.68	Lewis		Ottawa, ON	06.19.2004
61.71	Lewis		Gainesville, FL	05.11.2006
60.61	Andrea White	(86)	Windsor, ON	07.15.2007
60.76	White		Ottawa, ON	06.22.2007
61.04	White		Montreal, QU	07.09.2005
61.25	White		Ottawa, ON	08.05.2006
61.28	White		Windsor, ON	07.05.2008
61.44	White		Saskatoon, SK	07.25.2004
60.72	Emilie Halle	(90)	Windsor, ON	07.06.2009
60.90	Halle	(90)	London, ON	06.14.2009
61.44	Halle		Charlottetown, PEI	08.25.2009
61.83	Halle		Toronto, ON	06.27.2009
62.04	Halle		Charlottetown, PEI	07.19.2009
62.09	Halle		Canton, NY	05.09.2009
62.10	Halle		Toronto, ON	06.28.2009
62.60	Halle		Ottawa, ON	05.29.2008
60.80	Ann-Marie Vanneste	(70)	Baton Rouge, LA	04.18.1992
60.80	Julia Tousaw	(89)	Windsor, ON	07.06.2009
60.89	Tousaw		Windsor, ON	07.05.2008
61.14	Tousaw		Ottawa, ON	06.22.2008
61.18	Tousaw		Abbotsford, BC	07.27.2008
61.37	Tousaw		St. Laurent, QU	06.07.2008
61.63	Tousaw		Abbotsford, BC	07.26.2008
61.67	Tousaw		Windsor, ON	07.06.2008
61.90	Tousaw		Ottawa, ON	06.11.2008
61.58	Bridget Kehoe	(64)	Sherbrooke, QU	06.16.1989
62.15	Anne LeBel	(79)	Kitchener, ON	08.11.1996
62.50	Charmaine Wilson	(73)	Sudbury, ON	05.31.1991
62.56	Michelle Patterson	(73)	Sudbury, ON	05.31.1991
62.71	Sharon Spear	(78)	Kitchener, ON	08.11.1996
62.93	Leslie Estwick	(60)	Sherbrooke, QU	06.16.1989
63.09	Bridget Hayes	(95)	Downsview, ON	06.12.2011
64.13	Kelly Young	(84)	Ottawa, ON	06.29.2007
64.34	Sylvie Laroque	(71)	Sherbrooke, QU	07.17.1988
64.71	Fiona Callender	(92)	Sherbrooke, QU	08.09.2008
64.34	Evelyn Scott	(93)	Ottawa, ON	05.27.2011
65.38	Amanda McKinnon	(94)	Ottawa, ON	05.27.2011
65.41	Tamara Evers	(75)	Ottawa, ON	07.02.1994
65.45	Stephanie Plamondon	(71)	Downsview, ON	07.28.1990
65.74	Dana Buchanan	(84)	Belleville, ON	07.07.2001

1500m Steeplechase (** With Water Jump)

MEN

(Threshold Ranking 4:45:00)

4:17.91	Kevin Lee	(73)	Ottawa, ON	07.28.1993
4:20.88	John Bowden	(69)	Ottawa, ON	07.28.1993
4:25.82	Scott MacDonald	(73)	Sudbury, ON	07.13.1990
4:31.84	Chris McGregor	(75)	Ottawa, ON	07.28.1993
4:32.20	Scott Miller	(87)	Ottawa, ON	07.17.2004
4:34.16	Cameron MacLean	(76)	Ottawa, ON	06.08.1994
4:36.44	Andy Bethune	(62)	?	07.29.1978
4:40.15	Ahmed Mattan	(89)	Ottawa, ON	05.10.2007
4:42.12	Gary Kavanagh	(73)	Ottawa, ON	06.23.1990
4:42.58	Lewis Theobald	(74)	Ottawa, ON	06.29.1991
4:43.83	Tyson Loney	(91)	Ottawa, ON	05.08.2008

WOMEN

(Threshold Ranking 5:45)

5:11.83	Dana Buchanan	(84)	Ottawa, ON	07.26.2006
5:13.64	Buchanan		Ottawa, ON	06.15.2005
5:14.55	Danelle Woods	(89)	Ottawa, ON	05.04.2006
5:14.75	Woods		Ottawa, ON	05.11.2006
5:20.43	Woods		Downsview, ON	08.07.2005
5:14.40	Isabelle Kanz	(93)	Sudbury, ON	06.02.2011
5:14.92	Kanz		Sudbury, ON	06.03.2011
5:19.22	Erin O'Higgins	(94)	Ottawa, ON	05.27.2011
5:21.14	Tess Acton	(88)	Downsview, ON	08.07.2005
5:25.23	Nicole Francki	(91)	Hamilton, ON	06.06.2008
5:25.94	Robin McRobbie	(81)	Honolulu, HI	03.06.2004
5:27.21	Ashley Hill	(85)	Ottawa, ON	07.29.2001
5:34.30	Clara Moore	(93)	Ottawa, ON	05.27.2011

2000m Steeplechase

MEN

(Threshold Ranking 6:30.00)

5:50.94	Alain Boucher	(61)	Ottawa, ON	06.27.1990
5:59.11	Kevin Lee	(73)	Kingston, ON	05.29.1992
5:59.26	Terry Burwell	(68)	Hamilton, ON	05.30.1987
6:00.11	Lewis Theobald	(74)	Oshawa, ON	06.04.1993
6:01.33	Patrick Marion	(84)	St. Catherines, ON	06.07.2003
6:01.89	Chris McGregor	(75)	Kitchener, ON	06.04.1994
6:04.64	Rick Hellard	(66)	Brockville, ON	05.30.1985
6:05.47	Scott Miller		Etobicoke, ON	06.04.2004
6:06.34	Richard Simpson	(67)	Kingston, ON	05.30.1986
6:08.73	Scott MacDonald	(73)	Etobicoke, ON	07.22.1990
6:09.25	Travis Holmes	(87)		2005
6:12.43	Scott Miller	(87)	La Salle, ON	07.31.2004
6:12.95	Jacob Smith		Timmins, ON	07.14.2006
6:15.75	Matt Stacey	(81)	Ottawa, ON	06.13.2007
6:16.31	Kirk Dillabaugh	(70)	Ottawa, ON	07.11.2001
6:16.88	Maya Aden	(84)	Belleville, ON	06.07.2002
6:18.87	Tyson Loney	(91)	Ottawa, ON	05.29.2008
6:25.28	Cameron MacLean	(76)	Ottawa, ON	05.28.1993
6:28.19	Iain Skinner	(73)	Etobicoke, ON	07.22.1990
6:29.17	Phil Wheeler	(90)	Ottawa, ON	05.29.2008

WOMEN

(Threshold Ranking 7:45.00)

6:36.05	Danelle Woods	(89)	Abbotsford, BC	07.29.2007
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6:38.47	Woods		Ottawa, ON	06.29.2007
6:43.60	Woods		Toronto, ON	06.16.2007
7:12.38	Woods		Timmins, ON	07.14.2006
6:48.10	Dana Buchanan	(84)	Windsor, ON	07.04.2009
6:55.17	Buchanan		Eugene, OR	03.21.2009
6:56.08	Buchanan	(84)	Regina, SK	08.18.2005
7:01.25	Buchanan		Ottawa, ON	07.03.2005
7:15.32	Buchanan		Downsview, ON	06.12.2005
7:05.93	Leah Larocque	(89)	Ottawa, ON	08.15.2008
7:06.91	Larocque		Abbotsford, BC	07.27.2008
7:12.29	Larocque		Ottawa, ON	06.28.2008
7:14.08	Catherine Fortin-Major	(81)	Wake Forest, NC	03.21.2003
7:20.78	Vanessa Piazza			1997
7:23.86	Robin McRobbie	(81)	Honolulu, HI	03.20.2004
7:26.71	Erin O'Higgins	(94)	Ottawa, ON	08.05.2011
7:33.82	Nicole Francki	(91)	Sherbrooke, QU	08.09.2008

3000m Steeplechase

MEN

(Threshold Ranking 9:45.00)

8:33.65	Alain Boucher	(61)	Sydney, AUS	01.14.1990
8:40.37	Boucher		Burnaby, BC	05.31.1992
8:41.50	Boucher		Montreal, QU	06.20.1992
8:56.35	Boucher		Ottawa, ON	07.17.1991
8:37.20	Joshua Karanja	(84)	Louisville, KY	05.30.2009
8:40.16	Karanja		Fayetteville, AR	06.12.2009
8:44.83	Karanja		Columbus, OH	05.26.2007
8:45.08	Karanja		Fayetteville, AR	06.10.2009
8:50.69	Karanja		Columbus, OH	05.01.2009
8:52.91	Karanja		Sacramento, CA	06.05.2007
8:53.19	Karanja		Toronto, ON	06.28.2009
8:55.35	Karanja		Palo Alto, CA	03.30.2007
8:58.57	Karanja		?	? ? 2008
8:59.56	Karanja		Ottawa, ON	07.02.2006
8:59.90	Karanja		Beirut,, LEB	10.03.2009
9:00.46	Karanja		Fayetteville, AR	05.30.2008
8:37.94	Chris McGregor	(75)	Burnaby, BC	06.06.1999
8:40.78	McGregor		Palme de Mallorca, ESP	07.11.1999
8:41.60	McGregor		Palme de Mallorca, ESP	07.09.1999
8:42.83	McGregor		Winnipeg, MB	06.27.1999
8:43.17	McGregor		Boston, MA	06.24.2000
8:48.98	McGregor		Burnaby, BC	06.04.2000
9:06.67	McGregor		Durham, NC	04.12.1996
9:03.00	Maya Aden	(84)	Lafayette ,LA	05.12.2007
9:12.60	Kevin Lee	(73)	Ottawa, ON	07.02.1993
9:16.33	Patrick Marion	(84)	Ottawa, ON	07.03.2005
9:28.14	John McDonald			1978
9:28.75	Kirk Dillabaugh	(70)	Kitchener, ON	07.19.1996
9:43.79	Cameron MacLean	(76)	Kitchener, ON	08.04.1995

WOMEN

(Threshold Ranking 11:30.00)

10:13.98	Danelle Woods	(89)	Sao Paulo, Brazil	07.07.2007
10:17.24	Woods		Windsor, ON	07.15.2007
10:22.36	Woods		Tempe, AZ	04.11.2008
10:23.46	Woods		Champagne, IL	05.15.2008
10:32.83	Woods		Fayetteville, AR	05.30.2008
10:38.84	Woods		Beijing, China	08.15.2006
10:42.40	Woods		Ottawa, ON	08.06.2006
10:51.99	Woods		Sherbrooke, QU	07.21.2006
11:04.14	Woods		Ottawa, ON	07.02.2006
10:28.53	Dana Buchanan	(84)	Palo Alto, CA	03.27.2009
10:30.15	Buchanan		Eugene, OR	05.31.2009
10:33.77	Buchanan		Eugene, OR	04.08.2006

10:33.56	Buchanan		Windsor, ON	07.06.2008
10:35.59	Buchanan		Eugene, OR	05.13.2006
10:42.63	Buchanan		Toronto, ON	06.28.2009
10:46.94	Buchanan		Ottawa, ON	08.06.2006
10:47.41	Buchanan		Eugene, OR	04.23.2009
11:01.92	Buchanan		Beirut,, LEB	10.01.2009
10:49.74	Rhonda Sherrer		Columbus, OH	06.01.2003
10:52.03	Sherrer		San Marcos, TX	05.18.2003
11.16.86	Sherrer		Arlington, TX	05.11.2002
10:53.58	Catherine Fortin-Major	(81)	Raleigh, NC	04.18.2003
10:55.73	Fortin-Major		Eugene, OR	04.26.2003
10:59.03	Fortin-Major		Fairfax, VA	05.30.2003
11:03.61	Fortin-Major		Raleigh, NC	03.27.2004
11:06.35	Robin McRobbie	(81)	San Diego, CA	04.25.2003
11:11.72	Lauren Clobridge	(77)	Austin, TX	05.05.2001

The Relays

4 x 100m

Men

40.15	Senior Men (Ontario Sr Champions) Michael Robertson, Oluseyi Smith, Oluwasegun Makinde, Richard Adu-Bobie		Ottawa, ON	07.15.2011
40.53	Senior Men Michael Robertson, Oluwasegun Makinde, Richard Adu-Bobie, Ramon Monsour		Ottawa, ON	08.11.2010
40.71	Senior Men Michael Robertson, Oluseyi Smith Christian Desulme, Ramon Monsour		Canton, NY	05.07.2010
40.84	Senior Men (National Sr Champions) Michael Robertson, Richard Adu-Bobie, Oluwasegun Makinde, Devin Biocchi		Calgary, AB	06.25.2011
41.08	Junior Men (National Jr Champions) Antoine Despres-Bedward, Oluseyi Smith Michael Robertson, Jordan Alexis		Sherbrooke, QU	07.23.2006
41.18	Junior Men (Ontario Jr Champions) Jeremy Batt, Oluwasegun Makinde Michael Robertson, Ramon Monsour		Ottawa, ON	06.22.2008
41.28	Senior Men Michael Nicolini, Glenroy Gilbert Shawn Wilcox, Jeff Keays			1998
41.68	Senior Men Tony Risling, Devin Biocchi Chase Gregoire, Sekou Kaba		Ithaca, NY	05.01.2011
41.71	Senior Men Desmond Griffith, Glenroy Gilbert Sheridon Baptiste, Richardo Greenidge		Ottawa, ON	07.10.1991
41.74	Senior Men Cyril Soga, Glenroy Gilbert Ricardo Greenidge, Sheridon Baptiste		Ottawa, ON	07.17.1991
41.95	Senior Men (Ontario Champions)		Kitchener, ON	08.02.2003

Dan Barbarie, Lawrence Ringwald,
Jermaine Bucknor, Richard Adu-Bobie

41.98	Junior Men (National Jr Champions) Tony Risling, Michael Robertson, Michael Prime, Ramon Monsour	Abbotsford, BC	07.29.2007
42.20	Senior Men Antoine Despres, Tony Risling, Michael Prime, Ramon Monsour	Ithaca, NY	05.03.2008
42.29	Junior Men (National Champions) Devin Biocchi, Oluwasegun Makinde, Chase Gregoire, Matt Basler	Moncton, NB	07.04.2010
42.30	Senior Men (Ontario Champions) Cody Sorensen, Richard Adu-Bobie Daniel Barbarie, Derek Watkins	Ottawa, ON	07.03.2006
42.44	Junior Men (Ontario Champions) Antoine Despres-Bedward, Oluseyi Smith, Todd Pyper, David Bissonette	Downsview, ON	08.07.2005
42.52	Junior Men (National Jr Bronze Medal) Devin Biocchi, Oluwasegun Makinde, Cameron Smithers, Ramon Monsour	Charlottetown, PEI	07.19.2009
42.65	Junior Men (Ontario Champions) Tony Risling, Oluwasegun Makinde, Adrian Huynh, Ramon Monsour	Ottawa, ON	06.29.2007
42.67	Junior Men (National Silver Medalists) Stuart Pearson, Oluwasegun Makinde, Michael Robertson, Adrian Huynh	Abbotsford, BC	07.27.2008
43.40	Junior Men (National Silver Medalists) Tolu Makinde, Devin Biocchi Sebastien Saville, Denray Jean-Jacques	Winnipeg, MB	07.10.2011
43.58	Youth U18 Boys (National Champions) Shawn Mills, Toluwalope Makinde, Denray Jean-Jacques, David Cotten	Ottawa, ON	08.06.2010
43.93	Senior Men (Ontario Champions) Tony Risling, Zachary Quevillon, Michael Prime, Antoine Despres-Bedward	Ottawa, ON	06.21.2008

Women

47.27	Senior Women (National Sr Champions) Christiane Lela, Esther Akinsulie Lauren Seibel, Rachel Aubry	Windsor, ON	07.06.2008
47.68	Junior Women (National Jr Champions) Christiane Lela, Catherine Lalonde Karelle Edwards, Emilie Halle	Abbotsford, BC	07.29.2007
47.71	Senior Women Jennifer Parslow, Rosey Edeh, Lana McInnis, Andrea Bacchiochi	Ottawa, ON	07.26.1989
47.84	Youth U18 Girls (National Champions) * National Youth Club Record & Championship Record Charifa Labarang, Tania Bambi Victoria McIntyre, Shelani Fernando	Ottawa, ON	08.05.2011
47.88	Junior Women (National Silver Medalists) Jordan Skeete-Wilson, Ashlea Maddex,	Abbotsford, BC	07.27.2008

	Karelle Edwards, Emilie Halle		
47.94	Junior Women (National Jr Champions) Shelani Fernando, Ashlea Maddex Victoria McIntyre, Evelyn Scott	Winnipeg, MB	07.10.2011
47.96	Youth U18 Girls Charifa Labarang, Shelani Fernando, Victoria McIntyre, Tania Bambi	North York, ON	07.25.2011
48.15	Junior Women (Ontario Jr. Champions) Jordan Skeete-Wilson, Ashlea Maddex, Karelle Edwards, Mila Simulik	Ottawa, ON	06.21.2008
48.27	Junior Women (Ontario Champions) Christiane Lela, Catherine Lalonde, Karelle Edwards, Emilie Halle	Ottawa, ON	06.29.2007
48.30	Junior Women Karelle Edwards, Caitlin Fortier, Catherine Lalonde, Jordan Skeete-Wilson	Ottawa, ON	07.03.2006
48.50	Junior Women Jordan Skeete-Wilson, Caitlin Fortier Emilie Hallie, Catherine Lalonde	Sherbrooke, QU	07.23.2006
48.65	Junior Women Karelle Edwards, Caitlin Fortier, Catherine Lalonde, Jordan Skeete-Wilson	Ottawa, ON	07.03.2006
48.92	Senior Women Lesley Tashlin, Chantale Desjardin Leslie Estwick, Leanne Wall	Ottawa, ON	07.17.1993
48.96	Junior Women (National Jr Silver Medalist) Gift Okankwu, Alicia Brown, Emilie Halle, Ashley Wilson	Charlottetown, PEI	07.19.2009
49.63	Youth U16 Women (National Silver Medalist) Lia Hendricks, Alexandra Telford Alexandra Chiarelli, Lindsay Spoerri	Ottawa, ON	08.05.2011
49.78	Junior Women (National Jr Silver Medalist) Devyani Biswal, Ashlea Maddex, Fiona Callender, Evelyn Scott	Moncton, NB	07.04.2010

4 x 400m

Men

3:13.30	Senior Men Sasha Cesaratto (49.1), Sean Surerus (49.0), Lyndon George (47.0), Marc Deneault (48.2)	Location ?	1997
3:14.20	Senior Men Todd Pyper (47.9), Brian Cummings (48.3) Sean Young (50.5), Michael Robertson (47.5)	Ottawa, ON	07.01.2007
3:14.60	Senior Men Ryan Therrien, Dominic Esposito, Lawrence Ringwald, Lyndon George	Ottawa, ON	06.13.2001
3:15.24	Senior Men Juan Abreu, Eric Daw,	Kitchener, ON	06.12.1999

Lawrence Ringwald, Lyndon George

3:16.01	Junior Men (National Champions) Colin Timm, Paul Peters Ken Leblanc, Phillip Hughes	Burnaby, BC	07.14.1985
3:16.28	Junior Men (National Champions) Tyler Fawcett (50.6), Daniel Moreland (48.7), Todd Pyper (47.8), Michael Robertson (48.9)	Sherbrooke, QU	07.23.2006
3:16.40 *indoor	uOttawa GG's (CIS Nat. Silver Medalists) Michael Robertson (48.9), Brian Cummings (48.2) Tyler Fawcett (49.6), Marc-Philippe Taillon (49.7)	Montreal, QU	03.07.2008
3:16.69 *indoor	Toluwalope Makinde (49.4), Michael Robertson (48.6) Devin Biocchi (48.9), Mark Chenery (49.7)	New York City, NY	02.04.2012
3:17.08 *dome	uOttawa GG's Saj Alhaddad (50.6), Devin Biocchi (47.7) Codie Primeau (51.4), Michael Robertson (47.3)	Ottawa, ON	12.17.2011
3:17.15 *indoor	Senior Men Team ??	Ottawa, ON	02.07.2009
3:17.40	Junior Men (National Champions) Matt Basler (50.1), Cameron Smithers (49.2), Devin Biocchi (47.4), Mohammed Souleiman (50.4)	Moncton, NB	07.04.2010
3:17.46	Junior Men (National Champions) Todd Pyper, Antoine Despres-Bedward Brian Cummings, Brent Savard	Montreal, QU	07.08.2005
3:17.47 *indoor	uOttawa GG's Ramon Monsour (50.5), Michael Robertson (47.9) Tyler Fawcett (49.5), Brian Cummings (48.9)	Boston, MA	02.14.2009
3:17.66	Senior Men Lawrence Williams, Richard Charette Lyndon George, Winston Banks	Ottawa, ON	08.09.1995
3:17.75	Junior Men (National Champions) Tyler Fawcett, Michael Robertson, Michael Prime, Reda Benazzouz	Abbotsford, BC	07.29.2007
3:17.91	Junior Men (National Champions) Codie Primeau, Mohamed Soulieman, Denary Jean-Jacques, Devin Biocchi	Winnipeg, MB	07.10.2011
3:18.95	Junior Men (National Champions) Team ?? David Elgood,	St. John, NB	06.29.1986
3:20.05	Junior Men (National Champions) Oluwasegun Makinde (50.5), Devin Biocchi (49.9) Michal Warchol (49.3), Gordon Cave (49.9)	Charlottetown, PEI	07.19.2009
3:22.53	Junior Men Olivier Gauthier-Kwan, Cameron Smithers Stuart Pearson, Michael Robertson	Ottawa, ON	06.22.2008
3:23.59	Junior Men (National Champions) Michael Robertson (48.2), Stuart Pearson (49.9), Oluwasegun Makinde (52.0), Phil Wheeler (52.1)	Abbotsford, BC	07.27.2008
? - time	Junior Men (National Champions) Charles Ross, Sasha Cesaratto	Abbotsford, BC	07.29.1995

Women

3:46.33	Junior Women (National Champions) Evelyn Scott (58.2), Fiona Callender (55.3), Samantha Murphy (56.4), Ashlea Maddex (56.3)	Moncton, NB	07.04.2010
3:48.58 *indoor	uOttawa Gee Gees Farah Jacques (56.6) Julia Tousaw (57.0) Christianne Lela (58.7), Jennifer Perrault (56.3)	New York City, NY	02.04.2012
3:49.21	Junior Women (Nat. Silver Medalists) Emilie Halle (58.8), Julia Tousaw (55.7), Fiona Calender (57.8), Rachel Aubry (56.7)	Abbotsford, BC	07.27.2008
3:49.47	Junior Women (National Champions) Emilie Halle (58.2), Christiane Lela (55.0), Catherine Lalonde (59.3), Melissa Bishop (56.9)	Abbotsford, BC	07.29.2007
3:49.59	Senior Women Emilie Halle, Fiona Callender, Samatha Murphy, Christiane Lela	Ottawa, ON	12.19.2009
3:50.08	Junior Women (Ontario Silver Medalists) Julia Tousaw, Rachel Aubry Fiona Callender, Emilie Halle	Ottawa, ON	06.22.2008
3:50.81	Junior Women (National Champions) Melissa Bishop, Andrea White, Jaclyn Shields, Bailey Lewis	Saskatoon, SK	07.25.2004
3:51.32	Junior Women Fiona Calender (56.9), Gift Okankwu (58.5), Ashlea Maddex (57.7), Emilie Halle (58.0)	Boston, MA	02.13.2009
3:51.87	Junior Women (National Champions) Alicia Brown (60.0), Fiona Callender (58.5), Rachel Aubry (57.1), Emilie Halle (56.1)	Charlottetown, PEI	07.19.2009
2:52.31	Junior Women (National Sliver Medalists) Evelyn Scott, Samantha Murphy Emma Galbraith, Victoria McIntyre	Winnipeg, MB	07.10.2011
3:52.39	Senior Women (Ontario Champions) Andrea White, Esther Akinsulie, Kelly Young, Lauren Seibel	Ottawa, ON	07.01.2007
3:52.62 *indoor	uOttawa GG's Christine Fraser (62.0) Christiane Lela (55.7), Julia Tousaw (56.5), Emilie Halle (58.5)	Montreal, QC	01.31.2009
3:53.56	Senior Women Gift Okankwu (58.7), Christiane Lela (57.1) Julia Tousaw (56.4), Mila Simulik (61.2)	Ithaca, NY	05.03.2008
3:53.96	Senior Women (Ontario Champions) Michele Krech (61.6), Melissa Bishop (57.5) Christiane Lela (57.8), Julia Tousaw (56.6)	Windsor, ON	07.06.2009
3:54.68	Senior Women (Ontario Champions) Alison Cameron Vendrig, Gift Okankwu, Andrea White, Lauren Seibel	Ottawa, ON	06.22.2008

3:55.20	Junior Women (National Bronze Med.) Caitlin Fortier (60.4), Jenni Biewald (57.9), Christiane Lela (57.1), Rachel Aubry (59.8)	Sherbrooke, QU	07.23.2006
3:55.31	Senior Women Isabelle Gervais (59.5), Sarah Dillabaugh (58.7), Nathalie Cote (56.9), Tracy Robertson (60.2)		1997
3:56.81 *dome	uOttawa Women Jennifer Perrault (57.3), Julia Tousaw (58.9), Andrea Debuc (59.9), Anna Stolle (60.5)	Ottawa, ON	01.14.2012
3:57.04 *dome	Junior Women	Ottawa, ON	01.16.2010
3:57.50	Junior Women (Ontario Champions) Emilie Halle, Christiane Lela, Fiona Calender, Alicia Brown	Ottawa, ON	07.01.2007
3:59.14	Junior Women (National Bronze Medalist) Gift Okankwu (59.9), Samantha Murphy (58.6) Anna Stolle (60.1), Lisa Giles (60.2)	Charlottetown, PEI	07.19.2009

High Jump

MEN

(Threshold Ranking 1.90)

2.25	Cory Siermachesky	(69)	Burnaby, BC	05.31.1992
2.24	Siermachesky		Coquitlam, BC	07.30.1993
2.23	Siermachesky		Montreal, QU	06.13.1992
2.23	Siermachesky		Gainesville, FL	03.28.1992
2.21 *indoor	Siermachesky		Edmonton, AB	02.18.1990
2.21	Siermachesky		Coquitlam, BC	08.16.1992
2.21	Siermachesky		Knoxville, TN	04.11.1992
2.24	Brian Marshall	(65)	Los Angeles, CA	05.24.1986
2.22	Marshall		Modesto, CA	05.10.1986
2.22	Marshall		Ottawa, ON	06.21.1986
2.20 *indoor	Marshall		Downsview, ON	02.19.1984
2.18	Derek Watkins	(82)	Ottawa, ON	08.09.2006
2.16	Watkins		Ottawa, ON	07.16.2006
2.15	Watkins		Minneapolis, MN	05.17.2003
2.15	Watkins		Sherbrooke, QU	06.20.2005
2.15	Watkins		Ottawa, ON	07.02.2006
2.14	Watkins		Sacramento, CA	06.09.2005
2.12 *indoor	Watkins		West Lafayette, IN	02.27.2005
2.10 *indoor	Watkins		Montreal, QU	02.10.2001
2.06	Watkins		LaSalle, ON	06.02.2000
2.06	Watkins		London, ON	08.21.2001
2.15	German Gamov	(67)	Montreal, QU	07.08.1995
2.10	Gamov		Ottawa, ON	06.28.1995
2.10	Ray Seguin	(69)	Downsview, ON	06.18.1994
2.09	Shawn Wilcox	(73)	Ottawa, ON	06.11.1993
2.05 *indoor	Wilcox		Sherbrooke, QU	01.17.1994
2.05	Kevin Grant	(77)	Ottawa, ON	08.03.2002
2.01	Richard Bergman	(65)	Kingston, ON	07.10.1983
2.00	Robert Sarrazin	(70)	Etobicoke, ON	07.21.1990
2.00	Randy Frennette	(73)	Ottawa, ON	06.11.1993
2.00	Neil Fine	(84)	Ottawa, ON	08.03.2002
2.00	Tim Nedow	(90)	Brockville, ON	05.24.2007
2.00	Mark Chenery	(88)	Ottawa, ON	05.22.2011
1.96	Spencer da Costa	(91)	Ottawa, ON	04.30.2009
1.96 *indoor	Christopher Greenaway	(87)	Ottawa, ON	12.19.2009
1.95	Taylor Corney	(91)	Ottawa, ON	05.21.2009

1.92	David Nsabu	(93)	Ottawa, ON	06.17.2009
1.91 *indoor	Brayden Murphy	(94)	Ottawa, ON	02.11.2012
1.90 *indoor	Patrick Arbour	(88)	Sherbrooke, QC	03.10.2011

WOMEN

(Threshold Ranking 1.60)

1.89	Leslie Estwick	(60)	Downsview, ON	06.22.1991
1.88	Estwick		Ottawa, ON	08.06.1989
1.86	Estwick		Downsview, ON	06.03.1990
1.86	Estwick		Ottawa, ON	06.16.1991
1.85 *indoor	Estwick		Downsview, ON	02.02.1986
1.85	Estwick		Auckland, New Zealand	02.02.1990
1.85	Estwick		Montreal, QU	07.26.1991
1.85	Estwick		Burnaby, BC	06.08.1991
1.83	Alison Armstrong	(61)	Kobe, Japan	09.03.1985
1.82	Armstrong		Gainesville, FL	03.18.1983
1.82	Armstrong		Saskatoon, SK	07.13.1885
1.82	Armstrong		Ottawa, ON	08.02.1985
1.81	Armstrong		Ottawa, ON	06.20.1986
1.79 *indoor	Armstrong		Toronto, ON	03.12.1983
1.79 *indoor	Armstrong		Edmonton, AB	02.23.1986
1.75	Julianne McGregor	(72)	Ottawa, ON	07.02.1994
1.75	McGregor		Kitchener, ON	07.15.1994
1.73	Jackie Rasenberg	(66)	Etobicoke, ON	06.07.1985
1.69 *indoor	Rasenberg		Baton Rouge, LA	02.16.1986
1.73	Kim Rapley	(68)	Coquitlam, BC	08.14.1992
1.69 *indoor	Rapley		Sherbrooke, QU	01.22.1989
1.70	Ashlea Maddex	(92)	Ottawa, ON	06.28.2008
1.67 *indoor	Maddex		Ottawa, ON	02.23.2008
1.65	Maddex		Ottawa, ON	08.25.2010
1.68	Michelle Romance	(79)	Ottawa, ON	06.23.1996
1.66	Karelle Edwards	(90)	North York, ON	08.03.2007
1.64	Edwards		Ottawa, ON	05.11.2006
1.66 *indoor	Michele Krech	(86)	Sherbrooke, QC	03.10.2011
1.65	Nadine Laurin	(76)	Ottawa, ON	07.16.2003
1.65	Laurin		Ottawa, ON	06.09.2004
1.65 *indoor	Aaron Mabo	(91)	Ottawa, ON	12.13.2008
1.65	Mabo		Ottawa, ON	04.30.2009
1.63 *indoor	Mabo		Boston, MA	02.13.2009
1.65	Taylor Whitley	(91)	Toronto, ON	06.06.2009
1.61	Whitley		Moncton, NB	07.02.2010
1.60	Whitley		Ottawa, ON	07.21.2010
1.65	Julie Ethier	(93)	Sherbrooke, QU	08.08.2009
1.65	Ethier		Ottawa, ON	07.28.2010
1.60	Ethier		Ottawa, ON	07.08.2009
1.60	Ethier		Ottawa, ON	06.27.2010
1.60	Ethier		London, ON	07.25.2010
1.64	Devon Clark	(92)	Hamilton, ON	06.06.2008
1.63	Clark		Ottawa, ON	05.29.2008
1.63	Clark		Brockville, ON	05.21.2009
1.63	Johanna Dobransky	(91)	Ottawa, ON	05.21.2011
1.63 *indoor	Emery Terrell	(93)	Montreal, QC	01.28.2012
1.62	Melissa Milburn	(78)	Ottawa, ON	05.19.1993
1.61	Alison Cross	(81)	Kitchener, ON	06.07.1996
1.60	R. Robertson		London, ON	08.13.1983
1.60	Melinda Ngoh	(73)	Ottawa, ON	06.03.1992
1.60	Leanne Brown	(77)	Kitchener, ON	08.09.1996
1.60	Veronique Fortin	(78)	St. Laurent, QU	06.09.2007
1.60 *indoor	Cheryl Coulas	(91)	Ottawa, ON	12.13.2008
1.60	Chanel Marion	(93)	Ottawa, ON	05.11.2009

Pole Vault

MEN

(Threshold Ranking 4.00)

4.87	Rob Lindsay	(66)	Nassau, Bahamas	08.24.1984
4.87	Lindsay		Etobicoke, ON	06.07.1985
4.83	Lindsay		Etobicoke, ON	06.01.1984
4.79 *indoor	Lindsay		Downsview, ON	02.12.1984
4.75 *indoor	Lindsay		Montreal, QU	02.22.1985
4.75	Lindsay		St. John, NB	08.17.1985
4.65 *indoor	Lindsay		Downsveiw, ON	02.03.1985
4.05	Lindsay		Sacramento, CA	07.06.2011
3.85	Lindsay		Ottawa, ON	05.28.2011
4.60 *indoor	Mark Saikley	(62)	Toronto, ON	02.11.1984
4.45 *indoor	Saikley		Montreal, QU	1985
4.40	Saikley		Ottawa, ON	1985
4.35 *indoor	Saikley		Ottawa, ON	02.23.1985
4.61 *indoor	Jeff Vukasovic	(85)	Montreal, QC	01.27.2012
4.60 *dome	Vukasovic		Ottawa, ON	01.14.2012
4.45 *indoor	Jeff Outerbridge	(64)	Downsview, ON	03.01.1987
4.35	Outerbridge		Ottawa, ON	06.20.1986
4.20	Outerbridge		Sacramento, CA	07.06.2011
4.05	Outerbridge		Ottawa, ON	05.28.2011
4.45	Kevin Lake	(69)	Sacramento, CA	07.06.2011
4.40 *dome	Lake		Ottawa, ON	02.12.2006
4.25	Lake		Toronto, ON	06.19.2011
4.40	Graham Cleghorn	(67)	Tillsonburg, ON	06.30.1985
4.31 *indoor	Mark Farnsworth	(88)	Montreal, QC	01.27.2012
4.25 *indoor	Farnsworth		Canton, NY	01.23.2010
4.30	James Holder	(76)	Windsor, ON	07.13.2007
4.25	Mike Mizerski	(70)	Hamilton, ON	05.30.1987
4.25	Jeff Edwards	(83)	Ottawa, ON	05.21.2011
4.25	Reid Gustavson	(88)	Ottawa, ON	05.22.2011
4.20	Roger Adams	(61)	Downsview, ON	06.16.1985
4.17 *dome	Telvin Tavernier	(93)	Ottawa, ON	02.11.2012
4.16 *indoor	Olivier Gauthier-Kwan	(89)	Montreal, QC	01.27.2012
4.10	Doug Tahirali	(64)	Kitchener, ON	06.03.1983
4.10	Pat Aikeson	(67)	Etobicoke, ON	06.01.1984
4.05	Dave Collins	(74)	Kitchener, ON	06.05.1994
4.05	Kevin Lake	(69)	Ottawa, ON	05.28.2011

WOMEN

(Threshold Ranking 3.00)

4.06	Patricia Gauthier	(85)	Northridge, CA	05.30.2008
4.00	Gauthier		Honolulu, HI	04.12.2008
4.00	Gauthier		Walnut, CA	04.18.2008
3.96	Gauthier		Honolulu, HI	05.06.2006
3.95	Gauthier		Windsor, ON	07.05.2008
3.85	Gauthier		Ottawa, ON	07.02.2005
3.85	Gauthier		Cerritos, CA	04.19.2008
3.81 *indoor	Gauthier		Seattle, WA	02.11.2005
3.81	Gauthier		Honolulu, HI	05.03.2005
3.81	Gauthier		Eugene, OR	05.27.2005
3.81	Gauthier		Honolulu, HI	04.08.2006
3.45 *indoor	Melinda Rock	(87)	Montreal, QC	02.18.2012
3.36 *indoor	Kim-Quyen Vuong	(85)	Ottawa, ON	02.11.2012
3.35	Leslie Estwick	(60)	Flagstaff, AZ	07.04.2000
3.15	Bailey Arnott	(93)	London, ON	06.03.2010
3.05	Julianne McGregor	(72)	Kingston, ON	08.13.1994

Long Jump

MEN

(Threshold Ranking 6.00)

8.01	(1.9)	Glenroy Gilbert	(68)	Ottawa, ON	08.06.1988
7.99	(1.7)	Gilbert		Knoxville, TN	04.13.1991
7.88	(1.0)	Gilbert		Los Angeles, CA	05.09.1992
7.85	(1.2)	Gilbert		Etobicoke, ON	07.29.1989
7.84	(0.1)	Gilbert		Baton Rouge, LA	04.18.1992
7.84 *indoor	-	Gilbert		Baton Rouge, LA	02.27.1993
7.80 *indoor	-	Gilbert		Edmonton, AB	02.18.1989
7.77 *indoor	-	Gilbert		Ottawa, ON	01.26.1991
7.88 *indoor	-	Christopher Greenaway	(87)	Windsor, ON	03.12.2010
7.64 *indoor		Greenaway		Downsview, ON	02.26.2010
7.64 *indoor		Greenaway		Sherbrooke, QC	03.12.2011
7.63 *indoor		Greenaway		Montreal, QC	01.30.2010
7.52 *dome		Greenaway		Ottawa, ON	02.13.2010
7.66	(1.7)	Chris Burgess	(73)	Kingston, ON	06.27.2000
7.42		Burgess			1998
7.63	(1.4)	Brian Chibudu	(87)	Toronto, ON	06.27.2009
8.02 *indoor	-	Chibudu		Blacksburg, VA	02.26.2010
7.46	(-1.5)	Chibudu		Toronto, ON	07.29.2010
7.44	(0.0)	Chibudu		Toronto, ON	06.26.2009
7.55	(1.8)	Richard Rock	(57)	Ottawa, ON	08.06.1988
7.20 *indoor	-	Rock		Downsview, ON	02.09.1987
7.53 *indoor	-	Sheridon Baptiste	(64)	Syracuse, NY	02.04.1990
7.53	(0.1)	Baptiste		Ottawa, ON	07.02.1994
7.40	(0.0)	Baptiste		Ottawa, ON	08.05.1989
7.52 *indoor	-	Seyi Smith	(87)	Ottawa, ON	02.12.2011
7.32	(1.3)	Smith		Saskatoon, SK	07.24.2004
7.27	(-0.4)	Smith		Windsor, ON	07.28.2005
7.24 *indoor	-	Smith		Sheffield, ENG	02.12.2006
7.12	(1.7)	Smith		Ottawa, ON	05.29.2003
7.15	(1.4)	Olivier Gauthier-Kwan	(89)	London, ON	06.13.2009
7.08 *indoor	-	Gauthier-Kwan		Toronto, ON	02.26.2010
6.99	(1.8)	Gauthier-Kwan		Downsview, ON	06.13.2010
6.85 *indoor	-	Gauthier-Kwan		Canton, NY	01.23.2010
6.84	(0.8)	Gauthier-Kwan		St. Laurent, QC	05.23.2009
6.84	(2.0)	Gauthier-Kwan		Sudbury, ON	08.14.2010
6.75	(2.0)	Gauthier-Kwan		Ottawa, ON	05.21.2011
6.70	(1.9)	Gauthier-Kwan		Ottawa, ON	06.08.2007
7.10	(1.6)	David Nsabua	(93)	Sudbury, ON	08.14.2010
7.07 *dome	-	Nsabua	(93)	Ottawa, ON	04.06.2010
7.00	(0.3)	Nsabua		London, ON	06.03.2010
6.94 *dome	-	Nsabua		Ottawa, ON	02.13.2010
6.83	(1.4)	Nsabua		Ottawa, ON	08.07.2010
7.03 *indoor	-	Cyril Soga	(65)	Syracuse, NY	02.06.1993
7.01	(0.1)	Brian Derby	(73)	Ottawa, ON	07.20.1994
6.98 *dome	-	Brian Okeny	(92)	Ottawa, ON	04.16.2009
6.93	(1.7)	Okeny		London, ON	06.13.2009
6.77	(0.0)	Okeny		Downsview, ON	06.11.2011
6.74	(-0.8)	Okeny		Sherbrooke, QC	08.08.2009
6.68	(0.0)	Okeny		Hamilton, ON	07.10.2009
6.61	(0.4)	Okeny		Ottawa, ON	07.15.2009
6.58 *dome	-	Okeny		Ottawa, ON	04.02.2009
6.57 *dome	-	Okeny		Ottawa, ON	03.07.2009
6.56	(0.0)	Okeny		Kitchener, ON	07.19.2008
6.95	(-0.6)	Mark Chenery	(88)	Calgary, AB	06.22.2011
6.92	(0.1)	Shawn Wilcox	(73)	Ottawa, ON	08.09.1995
6.83	(0.8)	Michael Nicolini	(78)	Kitchener, ON	08.05.1995
6.80	(1.3)	Patrick Arbour	(88)	North York, ON	06.12.2010
6.66	?	Brian Marshall	(65)	?	mid 1980
6.52	(0.0)	Kevin Chung	(94)	Downsview, ON	07.23.2011
6.50	(1.9)	Reid Gustavson	(88)	Ottawa, ON	05.21.2011
6.48	(0.4)	Sean Burges	(72)	Ottawa, ON	07.31.1991
6.44	(0.6)	Kerry Munro	(65)	Montreal, Qu	07.23.1983
6.44	(nwi)	Jeff Keays	(78)	Dublin, IRE	08.21.1996
6.41	(0.8)	Neil Fine	(84)	Ottawa, ON	08.03.2002
6.35	(0.9)	David Cotten	(93)	Ottawa, ON	08.25.2010

6.28	(0.1)	Roger Adams	(61)	Ottawa, ON	08.03.1985
6.27	(0.3)	Matt Nolan	(89)	Ottawa, ON	06.21.2008
6.25 *indoor	-	Gabriel Tesfaye	(92)	Ottawa, ON	02.18.2012
6.19	(1.8)	Richardo Greenidge	(71)	Ottawa, ON	06.19.1991
6.17	(1.2)	Evan Williams	(90)	Windsor, ON	07.29.2006
6.10 *indoor	-	Zachary Quevillon	(91)	Canton, NY	01.23.2010
6.02	(1.0)	Chris Haynes	(73)	Ottawa, ON	07.04.1990
6.02	(1.4)	Oluwasegun Makinde	(91)	Windsor, ON	07.28.2006
6.01	(1.6)	J. Harvie		London, ON	08.14.1983
6.01 *indoor	-	Liam McNabb	(82)	Downsview, ON	02.20.1999
6.01 *indoor	-	Kevin Chang	(94)	Ottawa, ON	03.06.2010
6.00	(0.0)	Kevin Nault	(94)	London, ON	07.24.2010

Significant Wind Aided Performances

8.21	(4.5)	Glenroy Gilbert	(68)	Knoxville, TN	04.13.1991
8.12	(4.0)	Gilbert		Etobicoke, ON	07.29.1989
8.10	(2.1)	Gilbert		Ottawa, ON	08.06.1988
8.07	(2.2)	Gilbert		Modesto, CA	05.16.1992
8.04	nwi	Gilbert		Bogota, Columbia	08.11.1989
8.02	(2.1)	Gilbert		Gasteshead, England	06.29.1990
7.65	(4.2)	Richard Rock	(57)	Ottawa, ON	08.06.1988
7.52	(2.1)	Oluseyi Smith	(87)	Birmingham, GBR	05.21.2006
7.16	(3.4)	Olivier Gauthier-Kwan	(89)	Toronto, ON	06.26.2009
7.02	(3.3)	Brian Derby	(73)	Ottawa, On	06.11.1993
7.00	nwi	Brian Okeny	(92)	Ottawa, ON	04.30.2009
6.81	(2.5)	Shawn Wilcox	(73)	Downsview, ON	06.26.1993
6.62	nwi	Steve Coulthart	(75)	Ottawa, ON	05.13.1992
6.62	nwi	Cory Siermachesky	(69)	Ottawa, ON	08.05.1992
6.52	nwi	Sasha Cesaratto	(77)	Kingston, ON	06.04.1995

WOMEN

(Threshold Ranking 5.20)

6.27	(1.2)	Leslie Estwick	(60)	Prince George, BC	08.13.1994
6.15	(1.9)	Estwick		Sherbrooke, QU	06.16.1996
6.14 *indoor	-	Estwick		Syracuse, NY	12.03.1989
6.14	(1.8)	Estwick		Kitchener, ON	07.16.1994
6.12	-	Estwick			1995
6.03	(1.7)	Estwick		Montreal, QU	07.15.1995
6.25	(1.4)	Maureen Doody	(71)	Downsview, ON	06.17.2000
6.18	(1.8)	Doody		Montreal, QU	07.07.2001
5.86	(0.5)	Doody		Canton, NY	05.12.2000
5.78	(1.0)	Doody		Kitchener, ON	06.12.1999
5.72 *indoor	-	Doody		Syracuse, NY	02.05.2000
6.00	(1.7)	Lana McInnis	(62)	Etobicoke, ON	07.29.1989
5.55 *indoor	-	McInnis		Montreal, QU	02.11.1989
5.88	(0.9)	Alison Armstrong	(61)	Arles, France	05.18.1986
5.46 *indoor	-	Armstrong		Windsor, ON	02.04.1984
5.86	(-0.9)	Kim Rapley	(68)	Downsview, ON	06.16.1990
5.74	(1.7)	Karelle Edwards	(90)	Ithica, NY	04.29.2007
5.67	(1.0)	Edwards		Ottawa, ON	06.08.2007
5.66	(0.2)	Edwards		Hamilton, ON	06.06.2008
5.44	(1.1)	Edwards		Abbotsford, BC	07.27.2007
5.37	(1.6)	Edwards		Etobicoke, ON	06.03.2006
5.65	(0.0)	Ashley Maddex	(92)	London, ON	06.03.2010
5.57 *indoor	-	Maddex		Ottawa, ON	02.12.2011
5.63	(1.1)	Pauline van der Roest	(70)	Ottawa, ON	06.09.1999
5.61	(0.0)	Esther Akinsulie	(84)	Downsview, ON	06.13.2004
5.60 *indoor	-	Tori Merrill	(87)	New York City, NY	02.04.2011
5.32	(1.6)	Merrill		Sherbrooke, QC	07.31.2011
5.55 *indoor	-	Dayna Barrett	(82)	Downsveiv, ON	01.28.2001
5.51	(1.1)	Emma Dobson	(91)	Hamilton, ON	06.06.2008
5.40 *indoor	-	Dobson		Toronto, ON	01.22.2010
5.45 *indoor	-	Mila Simulik	(90)	Montreal, QC	01.29.2010
5.41	(1.4)	Beverly Charron	(70)	Hamilton, ON	07.22.1989

5.38	(1.8)	Adrienne Coddett	(67)	Etobicoke, ON	07.29.1989
5.38	(-1.2)	Devyani Biswal	(93)	London, ON	06.03.2010
5.35	(1.6)	Veronique Fortin	(78)	Ithica, NY	04.29.2007
5.35	(-0.7)	Julia Stille	(93)	Moncton, NB	07.02.2010
5.33	(0.9)	Krista Dillon	(92)	Ottawa, ON	05.28.2011
5.33	(1.9)	Julianna Tebrake	(95)	Ottawa, ON	07.03.2011
5.30	(0.2)	Patricia Gauthier	(85)	Kitchener, ON	08.02.2003
5.20	(0.8)	Lianne Brown	(77)	Kitchener, ON	07.19.1996
5.20 *indoor	-	Nathalie Phillips	(83)	Montreal, QU	03.03.2002

Significant Wind Aided Performances

6.25	(4.6)	Leslie Estwick	(60)	Sherbrooke, QU	08.02.1992
6.19	(3.1)	Estwick		Kitchener, ON	08.09.1996
6.10	(4.1)	Lana McInnis	(62)	Sherbrooke, QU	06.16.1989
5.92	(3.7)	Kim Rapley	(68)	Sherbrooke, QU	08.02.1992
5.86	(3.0)	Maureen Doody	(71)	Flagstaff, AZ	07.03.2000
5.66	nwi	Chantal Oubu	(75)	Ottawa, ON	08.03.2002
5.47	(3.2)	Emma Dobson	(91)	Ottawa, ON	06.08.2007
5.42	nwi	Natalie Phillips	(83)	Ottawa, ON	05.30.2002
5.40	nwi	Patricia Gauthier	(85)	Ottawa, ON	05.29.2003
5.37	(2.8)	Mila Simulik	(90)	Canton, NY	05.09.2009
5.31	(2.7)	Charifa Labarang	(95)	Ottawa, ON	08.06.2010
5.20	nwi	Michelle Baird	(87)	Ottawa, ON	05.06.2004

Triple Jump

MEN

(Threshold Ranking 13.00)

15.75	(1.6)	Glenroy Gilbert	(68)	Etobicoke, ON	05.14.1988
15.01	(?)	Gilbert			08.04.1985
15.62 *indoor	-	Cyril Soga	(65)	Syracuse, NY	12.03.1989
15.46	(0.1)	Soga		Ottawa, ON	06.27.1990
15.45	(1.2)	Soga		Ottawa, ON	06.15.1991
15.40 *indoor	-	Soga		Syracuse, NY	02.03.1991
15.39	(0.6)	Soga		Montreal, QU	08.05.1990
15.24	(0.6)	Soga		Sudbury, ON	07.05.1992
15.21 *indoor	-	Soga		Syracuse, NY	02.06.1993
14.95	(1.6)	David Nsabua	(93)	Sudbury, ON	06.02.2011
14.86	(0.0)	Nsabua		London, ON	06.03.2010
14.45	(0.0)	Nsabua		Ottawa, ON	06.15.2011
14.29	(-0.1)	Nsabua		Sudbury, ON	08.15.2010
14.28	(0.8)	Nsabua		Ottawa, ON	06.27.2010
14.80 *indoor	-	Jason Goetz	(85)	Windsor, ON	03.12.2009
14.09	(1.9)	Goetz		Ottawa, ON	06.22.2008
14.66	(0.5)	Llew Edwards	(65)	Downsview, ON	06.18.1994
14.30 *indoor	-	Edwards			1994
14.57	(1.3)	Derek Watkins	(82)	Ottawa, ON	08.06.2006
14.42	(1.8)	Watkins		Ottawa, ON	07.02.2006
14.53	(-0.6)	Sean Burges	(72)	Ottawa, ON	06.14.1995
14.26 *indoor	-	Burges		Downsview, ON	02.26.1993
14.39 *indoor	-	Christopher Greenaway	(87)	Toronto, ON	02.27.2010
14.37	(-2.0)	Kerry Munro	(65)	Montreal, QU	07.23.1983
14.28		Chris Burgess	(73)		1998
13.70	(1.1)	Chris Haynes	(73)	Kitchener, ON	08.19.1990
13.68	(2.9)	Steve Coulthart	(75)	Sherbrooke, QU	07.08.1993
13.64	(0.3)	Kevin Chung	(94)	Ottawa, ON	08.05.2011
13.53	(1.0)	David Cotten	(93)	Ottawa, ON	08.06.2010
13.48	(0.0)	Adrian Huynh	(90)	Ottawa, ON	05.29.2008
13.47	(0.0)	Brian Okeny	(92)	Toronto, ON	06.05.2009
13.32	(0.1)	Jonathan Jean-Pierre	(78)	Kitchener, ON	08.05.1995
13.08 *indoor	-	Ahmed Al-Slaq	(93)	Canton, NY	12.03.2011

13.05 *indoor - Olivier Gauthier-Kwan (89) Toronto, ON 02.27.2010

Significant Wind Aided Performances

15.72	(6.4)	Cyril Soga	(65)	Downsview, ON	06.03.1990
15.19	nwi	Glenroy Gilbert	(68)	Hamilton, ON	05.30.1987
15.15	nwi	Gilbert		Ottawa, ON	06.07.1986
14.69	nwi	Gilbert		Etobicoke, ON	06.08.1985
14.86	(4.4)	Sean Burges	(72)	Winnipeg, MB	07.07.1991
14.64	(2.2)	Burges		St. John, NB	07.13.1990
14.47	nwi	Burges		Sudbury, ON	06.01.1999
14.34	nwi	Chris Haynes	(73)	Sudbury, ON	06.01.1990
13.98	nwi	Jason Goetz	(85)	Ottawa, ON	06.11.2008
13.96	nwi	Brian Okeny	(92)	Brockville, ON	05.29.2009
13.89	(2.3)	Adrian Huynh	(90)	Ottawa, ON	07.07.2007
13.56	nwi	Jonathan Jean-Pierre	(78)	Limerick, IRE	08.25.1996

WOMEN

(Threshold Ranking 10.50)

12.74	(1.1)	Chantal Ouoba	(75)	Ottawa, ON	08.04.2002
12.22	(1.3)	Julia Stille	(93)	Sudbury, ON	08.15.2010
12.18	(1.8)	Stille		Downsview, ON	06.11.2011
11.97	(0.2)	Stille		Sudbury, ON	06.02.2011
11.73	(1.9)	Stille		Sudbury, ON	08.12.2010
11.76	(0.8)	Stille		Ottawa, ON	08.08.2010
12.14	(0.0)	Constance Campbell	(72)	Flagstaff, AZ	07.08.2000
12.11 *indoor	-	Campbell		Downsview, ON	02.18.2001
12.06	(1.6)	Campbell		Edmonton, AB	06.24.2001
11.98	(-1.0)	Campbell		Flagstaff, AZ	07.04.2000
11.98 *indoor	-	Campbell		Syracuse, NY	02.03.2001
11.80 *indoor	-	Campbell		Syracuse, NY	01.07.2001
11.65 *indoor	-	Campbell		Syracuse, NY	02.03.2002
12.18 *indoor	-	Mila Simulik	(90)	Toronto, ON	02.27.2010
11.99 *indoor	-	Simulik		Notre Dame, IN	02.06.2010
11.88	(-2.9)	Simulik		Ottawa, ON	05.29.2008
11.87 *indoor	-	Simulik		Windsor, ON	03.12.2009
11.62	(-1.2)	Simulik		London, ON	06.14.2009
11.41	(-0.5)	Simulik		Abbotsford, BC	07.26.2008
11.70	(-0.5)	Krista Dillon	(92)	Ottawa, ON	06.15.2011
11.70 *indoor	-	Dillon		North York, ON	02.26.2011
11.61	(1.7)	Dillon		London, ON	06.03.2010
11.58	(1.9)	Dillon		Moncton, NB	07.04.2010
11.54	(-2.1)	Dillon		Toronto, ON	06.05.2009
11.48	(0.6)	Dillon		Sudbury, ON	08.15.2010
11.27	(0.0)	Dillon		Ottawa, ON	05.29.2008
11.50 *indoor	-	Dayna Barrett	(82)	Montreal, QU	02.17.2001
11.27	(0.9)	Barrett		Kitchener, ON	07.30.2000
11.48	(-1.8)	Emma Dobson	(91)	Toronto, ON	06.05.2009
11.47	(1.7)	Dobson		London, ON	06.14.2009
11.43	(0.2)	Dobson		Abbotsford, BC	07.25.2007
11.41	(-1.3)	Dobson		Hamilton, ON	06.06.2008
11.43	(1.0)	Bev Charron	(70)	Coquitlam, BC	07.30.1993
11.41 *indoor	-	Charron		Toronto, ON	03.09.1993
11.39	(0.0)	Divyajyoti Biswal	(93)	Sherbrooke, QU	08.09.2009
11.31	(0.4)	Biswal		Moncton, NB	07.03.2010
11.20	(0.4)	Biswal		Sudbury, ON	06.02.2011
11.29	(1.5)	Patricia Gauthier	(85)	Irvine, CA	05.04.2008
11.18	(0.5)	Charmaine Wilson	(73)	Winnipeg, MB	07.07.1991
11.16	(1.0)	Clara Phillips	(95)	London, ON	06.03.2010
11.09	(1.9)	Josephine Sindani	(90)	Ottawa, ON	07.16.2008
10.91 *indoor	-	Sarah Michaud	(66)	Syracuse, NY	02.06.1993
10.81 *indoor	-	Katrina Vandervoort	(89)	Toronto, ON	02.20.2009
10.77 *dome	-	Krista Sipprell	(93)	Ottawa, ON	01.14.2012
10.67	(1.9)	Adrienne Coddett	(67)	Sherbrooke, QU	08.02.1992
10.56 *indoor	-	Joanna El Hares	(92)	Montreal, QC	02.18.2012

Significant Wind Aided Performances

12.26	(4.8)	Julia Stille	(93)	Winnipeg, MB	07.08.2011
12.25	(4.3)	Stille		Calgary, AB	06.22.2011
12.06	(2.3)	Constance Campbell	(72)	Buffalo, NY	05.06.2000
12.04	(5.4)	Campbell		Flagstaff, AZ	07.06.2000
11.94	(2.8)	Campbell		Victoria, BC	08.12.2000
11.98	(2.9)	Charmaine Wilson	(73)	Sudbury, ON	05.31.1991
11.91	(2.6)	Mila Simulik	(90)	London, ON	06.14.2009
11.86	(2.7)	Krista Dillon	(92)	Winnipeg, MB	07.08.2011
11.58	nwi	Emma Dobson	(91)	Charlottetown, PEI	07.19.2009
11.30	nwi	Divyajyoti Biswal	(93)	Ottawa, ON	05.21.2009

Shot Put

MEN

(Threshold Ranking 13.00m)

18.05 *indoor		Brian MacPhee	(81)	Blacksburg, VA	03.06.2004
17.67 *indoor		MacPhee		Blacksburg, VA	02.14.2004
17.50 *indoor		MacPhee		Lexington, VA	12.07.2002
17.32		MacPhee		Blacksburg, VA	04.24.2004
16.93		MacPhee		Knoxville, TN	04.12.2003
16.02		MacPhee		Athens, GA	04.07.2001
15.53		MacPhee		Montreal, QU	07.14.2000
14.81 *indoor		MacPhee		Toronto, ON	01.08.2000
14.19		MacPhee		Burnaby, BC	07.02.1999
16.50 *indoor		Greg Huebner	(77)	Windsor, ON	02.24.2001
15.77 *indoor		Huebner		Windsor, ON	02.25.2002
14.66 *indoor		Heubner		Windsor, ON	01.09.2000
14.55		Heubner		Montreal, QU	07.07.1995
15.90		Greg Jack	(75)	Ottawa, ON	07.02.1994
15.66		Mike Reichert	(71)	Ottawa, ON	08.06.1989
15.63		Reichert		Providence, RI	07.22.1989
15.62 *indoor		Reichert		Winnipeg, MB	02.02.1990
15.57		Reichert		Ottawa, ON	08.05.1988
15.21		Reichert		Ottawa, ON	07.18.1990
15.09		Reichert		St. John, NB	07.13.1990
15.61		Brennan Jack	(81)	Ottawa, ON	07.04.2001
15.19		Jack (B)		Ottawa, ON	07.15.2001
15.02		Jack (B)		Ottawa, ON	07.11.2001
15.00		Jack (B)		London, ON	06.30.2001
14.94 *indoor		Jack (B)		Montreal, QU	03.02.2001
14.50		Jack (B)		Montreal, QU	05.13.2000
15.33 *indoor		Tim Nedow	(90)	Houston, TX	02.20.2009
14.60		Nedow		Ottawa, ON	08.14.2008
15.04 *indoor		James Fahie	(69)	Ithaca, NY	01.21.1989
14.95		Christopher Kelly	(72)	Ottawa, ON	07.19.1989
14.86 *indoor		Patrick Arbour	(88)	Toronto, ON	02.26.2010
14.14 *indoor		Arbour		Ottawa, ON	02.11.2012
14.09		Arbour		Sudbury, ON	08.12.2010
14.79		Doug Currier	(67)	Downsview, ON	07.16.1988
14.51		Dan Green	(68)	Sarnia, ON	08.06.1999
14.20 *indoor		Paul Charkavi	(66)	Ottawa, ON	03.09.1983
14.05		Matt Murdock	(82)	Ottawa, ON	05.22.2001
13.87 *indoor		Ryan Rowat	(81)	Ottawa, ON	02.19.2006
13.79 *indoor		Teo Schwartzentrube	(83)	Syracuse, NY	02.03.2002
13.57 *indoor		Reid Gustavson	(88)	Ottawa, ON	02.11.2012

MEN - JUNIOR (6.0kg)

19.00		Tim Nedow	(90)	Port of Spain, TRI	08.01.2009
17.66		Nedow	(90)	Charlottetown, PEI	07.19.2009

17.54	Nedow		Brockville, ON	06.21.2009
17.40	Nedow		Abbotsford, BC	07.28.2007
17.29	Nedow		London, ON	06.14.2009
16.83	Nedow		Abbotsford, BC	07.26.2008
16.27	Nedow		Ottawa, ON	06.21.2008
15.26	Nedow		Sherbrooke, QU	07.23.2006
15.05	Corey Wingate	(91)	Sudbury, ON	08.14.2010
14.03	Wingate		Ottawa, ON	07.21.2010
14.84	Patrick Arbour	(88)	Ottawa, ON	07.07.2007
14.66	Arbour		Abbotsford, BC	07.28.2007
14.75	Taylor Corney	(91)	Lachine, QC	05.15.2010
14.33	Ben Engel	(89)	Ottawa, ON	07.18.2007
14.23	Dennis Brianski	(93)	Downsview, ON	06.12.2010
13.72	Patrick Hotte	(91)	Downsview, ON	06.12.2010

MEN - High School (12lb)

18.35	MacPhee, Brian	(81)	Windsor, ON	06.03.2000
17.96	Tim Nedow	(90)	Belleville, ON	06.01.2007
17.93	Nedow		Ottawa, ON	05.29.2008
17.79	Nedow		Hamilton, ON	06.06.2008
17.49	Nedow		Brockville, ON	05.21.2008
17.65	Heubner, Greg	(77)	Etobicoke, ON	06.06.1997
17.53	Reichert, Mike	(71)	Sudbury, ON	06.01.1991
17.38	Jack, Brennan	(81)	Windsor, ON	06.03.2000
17.25	Currier, Doug	(67)	Ottawa, ON	06.07.1986
16.87	Murdock, Matthew	(82)	Etobicoke, ON	06.02.2001
16.39	Jack, Greg	(75)	Downsview, ON	06.02.1993
15.99	Patrick Arbour	(88)	Ottawa, ON	05.18.2007
15.95	David Droeske	(88)	Belleville, ON	06.01.2007
15.64	Schwartzentrube, Teo	(83)	Ottawa, ON	05.30.2002
15.57	Fahie, James	(69)	Etobicoke, ON	06.03.1988
15.34	Corey Wingate	(91)	London, ON	06.03.2010
15.21	Ben Engel	(89)	Belleville, ON	06.01.2007
14.60	Frederic Guerin	(91)	Brockville, ON	05.21.2008
14.54	Rowat, Ryan	(81)	Windsor, ON	06.03.2000
14.23	Dennis Brianski	(93)	Downsview, ON	06.12.2010
14.19	Cloutier, Bryce	()	Windsor, ON	06.03.2000

MEN - YOUTH (5.0kg)

19.41	Tim Nedow	(90)	Toronto, ON	08.05.2007
18.81	Nedow		Ottawa, ON	07.07.2007
18.76	Nedow		Moncton, NB	08.10.2007
16.65	Dennis Brianski	(93)	London, ON	07.24.2010
16.28	Brianski		Ottawa, ON	06.27.2010
15.95	Brianski		Ottawa, ON	07.21.2010
15.89	Brianski		Ottawa, ON	08.08.2010
15.44	Corey Wingate	(91)	Sherbrooke, QU	08.09.2008
14.18	Vincent Gionet	(95)	Downsview, ON	07.23.2011

WOMEN

(Threshold Ranking 11.50)

15.83 *indoor	Cathy Griffin	(69)	Cambridge, MA	01.23.1993
15.17	Griffin		Ottawa, ON	05.08.1992
15.05	Griffin		Coquitlam, BC	08.15.1992
14.76	Griffin		Quebec City, QU	06.05.1993
14.39	Griffin		Boston, MA	06.24.1994
15.82	Sultana Frizell	(84)	Ottawa, ON	06.17.2006
15.44	Frizell		Gainesville, FL	03.27.2004
15.18	Frizell		Santo Domingo, DMR	07.12.2006
15.07 *indoor	Frizell		Quebec City, QU	03.06.2006
14.96	Frizell		Claremont, CA	04.15.2005

14.61	Frizell		Ottawa, ON	05.29.2003
14.50	Frizell		Ottawa, ON	08.05.2006
14.35	Frizell		Belleville, ON	06.09.2002
14.33	Frizell		Ottawa, ON	06.20.2008
14.16	Frizell		Ottawa, ON	07.11.2001
13.97	Frizell		Montreal, QU	07.16.2000
12.52	Frizell		Montreal, QU	12.18.1999
15.62	Melody Torcolacci	(60)	Gateshead, England	06.29.1990
15.59	Torcolacci		Canberra, Australia	01.10.1990
15.53	Torcolacci		Auckland, New Zealand	01.20.1990
15.52 *indoor	Torcolacci		Syracuse, NY	12.03.1989
15.52	Torcolacci		Knoxville, TN	04.13.1991
15.50	Torcolacci		Ottawa, ON	07.18.1990
15.50	Torcolacci		Auckland, New Zealand	01.23.1990
15.54	Caroline Larose	(78)	Victoria, BC	07.18.2003
15.46 *indoor	Larose		Montreal, QU	02.22.2003
15.42	Larose		Montreal, QU	02.09.2002
15.40	Larose		Montreal, QU	07.30.1999
15.40	Larose		Montreal, QU	07.27.2001
15.33	Larose		Montreal, QU	07.25.2003
15.24 *indoor	Larose		Syracuse, NY	02.03.2002
15.11	Larose		San Antonio, TX	08.11.2002
15.02	Larose		Eugene, OR	04.24.2004
15.00	Larose		Ottawa, ON	08.03.2002
14.66	Judy Gitzi	(67)	Albany, NY	04.11.1987
14.53	Gitzi		Philadelphia, PA	04.18.1987
14.52	Marie-Josée Le Jour	(79)	Sherbrooke, QU	07.27.2007
14.45	Le Jour		Montreal, QU	07.21.2007
14.24	Le Jour		Windsor, ON	07.14.2007
14.15	Le Jour		Ottawa, ON	06.27.2007
14.07	Le Jour		London, ON	07.07.2007
13.60 *indoor	Dominique Bilodeau	(79)	Ottawa, ON	02.03.2007
13.44 *indoor	Caitlin vanDodewaard	(89)	Charlotte, NC	01.30.2009
13.30	vanDodewaard		Ithaca, NY	05.03.2008
13.02	vanDodewaard		Hamilton, ON	06.06.2008
12.94	vanDodewaard		Ithaca, NY	04.29.2007
12.86	vanDodewaard		Brockville, ON	05.21.2008
13.38	Dominique Thibault	(87)	Windsor, ON	07.05.2008
13.26	Thibault		Ottawa, ON	06.21.2008
13.20	Thibault		Ottawa, ON	06.13.2007
13.05	Thibault		Abbotsford, BC	07.27.2007
13.01	Thibault		Ottawa, ON	06.29.2007
12.93	Thibault		Toronto, ON	07.29.2010
12.86	Thibault		Ottawa, ON	07.21.2010
13.23 *indoor	Alison Armstrong	(61)	Amarillo, TX	02.13.1986
12.77	Hyacinth Brown	(67)	Ottawa, ON	06.21.1986
12.74 *indoor	Karen Hanna	(64)	Downsview, ON	01.01.1986
12.03	Hanna		Ottawa, ON	08.02.1985
12.70	Sylvia Gould	(66)	?	1987
12.46	Eilish MacDonald	(94)	Ottawa, ON	07.07.2010
12.33	MacDonald		London, ON	06.03.2010
12.27 *indoor	MacDonald		Ottawa, ON	03.06.2010
12.06	MacDonald		London, ON	07.24.2010
11.83	MacDonald		Sudbury, ON	08.12.2010
12.34	Sarah Leonard	(73)	Sherbrooke, QU	08.01.1992
12.04 *indoor	Wendy Phillips	(72)	Moncton, NB	03.02.1990
12.01	Pam Scothorn	(55)	Scarborough, ON	09.07.1976
11.79	Kim Rapley	(68)	Gettysburg, PA	05.08.1993
11.65	Veronique Fortin	(78)	Windsor, ON	07.12.2007

Discus

MEN (2 Kg)

(Threshold Ranking 35.00)

50.34	Steve Lambrose			1977
49.79	Tim Nedow	(90)	Tulsa, OK	05.15.2009
46.00	Nedow		Ottawa, ON	08.15.2008
49.52	Michael Reichert	(71)	Etobicoke, ON	07.21.1990
46.14	Reichert		Saskatoon, SK	08.15.1989
48.86	Brian MacPhee	(81)	Philadelphia, PA	04.27.2001
47.36	MacPhee		Montreal, QU	07.18.2000
47.07	MacPhee		Clemson, SC	04.09.2005
46.36	MacPhee		Montreal, QU	07.18.2000
48.37	Dan Green	(68)	Ottawa, ON	07.25.2001
48.11	Green		Ottawa, ON	06.16.1999
46.67	Green		Ottawa, ON	06.02.1999
46.56	Green		Victoria, BC	08.12.2000
46.10	Green		Winnipeg, MB	06.26.1999
45.88	Green		Ottawa, ON	07.28.2001
47.48	Greg Heubner	(77)	Kitchener, ON	08.05.1995
47.10	Patrick Arbour	(88)	Kingston, JAM	05.27.2011
46.74	Arbour		Toronto, ON	07.29.2010
46.09	Arbour		Sudbury, ON	08.15.2010
46.07	Arbour		Charlottetown, PEI	08.25.2009
45.97	Arbour		Sudbury, ON	08.12.2010
45.70	Arbour		North York, ON	06.13.2010
46.48	Jeff Gillan	(68)	Richmond, BC	07.11.1987
45.40	Greg Jack	(75)	Ottawa, ON	07.02.1994
44.97	Teo Schwartzentrube	(83)	Ottawa, ON	06.06.2001
44.82	David Rothenbury	(64)	Etobicoke, ON	07.29.1989
44.34	Jame Fahie	(69)	Ottawa, ON	08.19.1992
42.78	Tom Pincombe	(75)	Ottawa, ON	06.02.1999
42.36	Mark Chenery	(88)	Calgary, AB	06.23.2011
41.20	Ryan Rowat	(82)	Ottawa, ON	07.28.2001
41.05	Brennan Jack	(81)	Ottawa, ON	06.06.2001
39.02	Bryce Cloutier	(81)	Burnaby, BC	07.04.1999
38.28	Reid Gustavson	(88)	Ottawa, ON	05.22.2011
38.05	James Holder	(76)	St. Laurent, QU	06.09.2007
37.76	Cory Siermachesky	(69)	Ottawa, ON	08.19.1992
37.70	Roger Adams	(61)	Ottawa, ON	08.04.1985

MEN - Junior (1.75 Kg)

54.51	Tim Nedow	(90)	Ottawa, ON	07.15.2009
53.53	Nedow		Ottawa, ON	07.08.2009
52.86	Nedow		London, ON	06.14.2009
48.51	Nedow		Abbotsford, BC	07.28.2007
48.02	Nedow		Abbotsford, BC	07.27.2008
47.70	Nedow		Ottawa, ON	06.22.2008
47.98	Patrick Arbour	(88)	Ottawa, ON	07.07.2007
46.68	Arbour		Abbotsford, BC	07.28.2007
46.01	Corey Wingate	(91)	Sudbury, ON	08.15.2010
45.41	Wingate		Ottawa, ON	07.21.2010
42.61	Ben Engel	(89)	Ottawa, ON	06.29.2007
42.31	Taylor Corney	(91)	Charlottetown, PEI	07.18.2009
41.23	Patrick Hotte	(91)	Sudbury, ON	08.15.2010
39.37	Dennis Brianski	(93)	Downsview. ON	06.12.2010

Boys - Youth (1.50 Kg)

48.15	Dennis Brianski	(93)	London, ON	07.25.2010
47.32	Brianski		Ottawa, ON	07.07.2010
46.05	Brianski		Ottawa, ON	06.27.2010
45.64	Brianski		Ottawa, ON	08.08.2010
45.03	Darby Charkavi	(95)	Ottawa, ON	08.05.2011
39.92	Michael Evelyn	(93)	Ottawa, ON	07.21.2010

WOMEN

(Threshold Ranking 36.00)

56.86	Cathy Griffin	(69)	Winnipeg, MB	06.11.1993
56.60	Griffin			1994
52.80	Griffin		Ottawa, ON	08.19.1992
52.40	Griffin		San Diego	03.26.1994
51.02	Griffin		Philadelphia, PA	04.25.1992
54.34	Marie-Josée Le Jour	(79)	London, ON	07.08.2007
51.45	Le Jour		Clemson, SC	04.07.2007
51.36	Le Jour		London, ON	07.08.2007
51.01	Le Jour		Montreal, QU	07.21.2007
49.12	Wendy Phillips	(72)	Montreal, QU	06.20.1996
48.08	Melody Torcolacci	(60)	Montreal, QU	07.28.1991
45.12	Sultana Frizell	(84)	Atlanta, GA	04.02.2005
44.35	Frizell		London, ON	08.23.2001
43.81	Caitlin vanDodewaard	(89)	Ottawa, ON	05.29.2008
43.65	vanDodewaard		Hamilton, ON	06.06.2008
43.49	vanDodewaard		Ottawa, ON	05.29.2008
43.28	Judy Gitzi	(67)	Budapest, Hungary	08.29.1985
42.82	Sylvia Gould	(66)		1987
41.92	Caroline Larose	(78)	Sarnia, ON	08.07.1999
40.21	Dominique Thibault	(87)	Windsor, ON	07.05.2008
39.60	Chantal Soucy	(69)	Downsview, ON	07.16.1988
38.64	Eilish MacDonald	(94)	Ottawa, ON	07.21.2010
38.51	MacDonald		London, ON	07.25.2010
38.51	MacDonald		Sudbury, ON	08.12.2010
37.14	Katie Klatt	(95)	Ottawa, ON	08.05.2011

Hammer

MEN

(Threshold Ranking 40.00)

65.34	James Fahie	(68)	Montreal, QU	07.13.1995
65.02	Fahie		Suresnes, France	07.07.1994
64.76	Fahie		Ottawa, ON	06.08.1994
64.70	Fahie		Downsview, ON	06.18.1994
64.60	Fahie		Kitchener, ON	08.04.1995
63.86	Fahie		Philadelphia, PA	04.25.1992
63.78	Fahie		Winnipeg, MB	07.04.1992
62.90	Fahie		Coquitlam, BC	08.15.1992
57.36	Boris Zaitchouk	(48)	Ottawa, ON	1995
47.62	Ian Armstrong	(60)	Kitchener, ON	08.04.1984
41.92	Joe Burke	(50)	Ottawa, ON	06.23.1982
43.50	Ryan Rowat	(82)	Ottawa, ON	08.04.2006
30.56	Bob Staveley	(34)	Ottawa, ON	07.01.1984

MEN - Junior (1.75 Kg)

41.23	Patrick Hotte	(91)	Sudbury, ON	08.14.2010
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WOMEN

(Threshold Ranking 30.00)

72.24	National Record	Sultana Frizell	(84)	Frankisch-Crumbach, GER	05.24.2010
72.07	National Record	Frizell		Eugene, OR	06.07.2009
71.89	Nat. Champ. Rec.	Frizell		Toronto, ON	07.30.2010
71.86		Frizell		Montreuil, FRA	06.08.2010
71.64	National Record	Frizell		Walnut, CA	04.18.2009
71.46		Frizell		Sherwood Park, AB	07.23.2011
71.40		Frizell		Edmonton, AB	06.12.2010
71.34		Frizell		Rio de Janeiro, BRA	05.26.2011

70.98	Qualifying @ World Championships	Frizell	Berlin, GER	08.20.2009
70.94	National Record	Frizell	Windsor, ON	07.05.2008
70.88	10 th - Final @ World Championships	Frizell	Berlin, GER	08.23.2009
70.83		Frizell	Kamloops, BC	08.06.2011
70.61		Frizell	Sherwood Park, AB	07.23.2011
70.55		Frizell	Lethbridge, AB	05.18.2008
70.17		Frizell	Calgary, AB	06.22.2011
70.11	2 nd - Pan American Games	Frizell	Guadalajara, MEX	10.24.2011
69.86		Frizell	Doha, QATAR	05.08.2009
69.85		Frizell	Ottawa, ON	06.22.2008
69.70		Frizell	Walnut, CA	04.17.2010
69.66		Frizell	Vancouver, BC	07.01.2011
68.07		Frizell	Thessaloniki, GRE	09.12.2009
69.48		Frizell	Thessaloniki, GRE	07.25.2009
69.39		Frizell	Modesto, CA	05.10.2008
69.37		Frizell	Walnut, CA	04.20.2008
69.21		Frizell	Burnaby, BC	06.14.2009
69.20		Frizell	Walnut, CA	04.14.2011
68.96		Frizell	Richmond, BC	07.19.2008
68.58		Frizell	Philadelphia, PA	04.25.2009
68.57	* Commonwealth Games Champ. Rec.	Frizell	New Delhi, INDIA	10.07.2010
68.52		Frizell	Lethbridge, AB	05.17.2008
68.00		Frizell	Toronto, ON	06.27.2009
67.99		Frizell	Richmond, BC	05.15.2008
67.92		Frizell	Lethbridge, AB	05.20.2007
67.37		Frizell	Lethbridge, AB	05.27.2007
66.75		Frizell	Lethbridge, AB	05.26.2007
66.42		Frizell	Athens, GA	05.07.2005
66.05		Frizell	La Jolla, CA	04.20.2007
65.62		Frizell	Durham, NC	04.06.2007
65.44		Frizell	Beijing, CHI	08.18.2008
65.19		Frizell	Athens, GA	04.14.2007
64.91		Frizell	Luzern, SWI	08.18.2007
64.99		Frizell	Nashville, GA	05.14.2005
63.87		Frizell	Windsor, ON	07.12.2007
63.82		Frizell	Walnut, CA	04.16.2005
57.95	* Ont. U20 Record	Frizell	?	08.16.2003
55.45	* Ont. U19 Record	Frizell	?	07.28.2002
47.15	* 1 st Year in event	Frizell	Calgary, AB	07.27.2001
57.54		Ruth Conlon	(76) Havana, CUB	05.27.2001
53.82		Conlon	Havana, CUB	02.17.2000
51.96		Conlon	Ottawa, ON	06.09.1999
55.44		Cathy Griffin	(69) Cambridge, MA	04.18.1992
53.94		Griffin	New Haven, CT	05.09.1992
53.16		Griffin	Winnipeg, MB	07.04.1992
52.62		Griffin	Philadelphia, PA	04.25.1992
51.90		Griffin	Winnipeg, MB	07.08.1992
51.74		Griffin	Downsview, ON	02.13.1993
55.34		Marie Josee Le Jour	(79) North York, ON	08.03.2007
53.33		Le Jour	Windsor, ON	07.14.2007
52.56		Le Jour	Montreal, QU	06.07.2007
43.30		Valerie Chartrand	(87) Ottawa, ON	07.14.2010
42.05		Chartrand	Ottawa, ON	07.28.2010
41.68		Chartrand	Sudbury, ON	08.14.2010
39.36		Chartrand	Downsview, ON	06.13.2010
42.30		Judy Gitzi	(67) Philadelphia, PA	04.18.1987
40.57		Eilish MacDonald	(94) Ottawa, ON	07.08.2009
40.02		MacDonald	Sudbury, ON	08.12.2010
39.43		MacDonald	Ottawa, ON	07.28.2010
39.09		MacDonald	Sudbury, ON	08.14.2010
34.54		Wendy Ramson	(64) Ottawa, ON	08.07.1992
33.56		Wendy Phillips	(72) Kitchener, ON	08.04.1995
31.78		Sarah Leonard	(73) Downsview, ON	07.18.1992

Javelin

* Old Spec = 800gm Men's Javelin specifications changed effective April 1, 1986.

MEN

(Threshold Ranking 50.00)

74.64 *old spec	John Yorga		Tillsonburg, ON	08.10.1979
73.12 *old spec	Ian Kayser	(60)	Clemson, SC	04.22.1983
70.40	Hugh Wilson	(61)	Ylivieska, FIN	07.03.1988
69.12	Wilson		Burnaby, BC	06.10.1989
68.12	Wilson		Winnipeg, MB	06.14.1991
67.54	Wilson		Etobicoke, ON	08.28.1986
68.30	Matt Murdock	(82)	Etobicoke, ON	06.02.2001
66.41	Murdock		Montreal, QU	07.16.2000
66.17	Murdock		Tempe, AZ	03.26.2004
65.66	Murdock		Canton, NY	04.21.2001
63.78	Murdock		Ottawa, ON	07.13.2001
61.65	Murdock		Ottawa, ON	06.08.2005
67.68	Jason Spalding	(73)	Downsview, ON	06.18.1994
63.22	Spalding		Ottawa, ON	06.10.1992
62.52	Spalding		Montreal, QU	06.06.1992
67.30	Peter Cheesbrough	(81)	Canton, NY	08.04.2000
63.78	Cheesbrough			2001
61.56	Cheesbrough		LaSalle, ON	06.02.2000
66.82	Eric Gagnon	(68)	Winnipeg, MB	05.26.1990
66.18	Gagnon		Ottawa, ON	06.10.1992
65.80	Gagnon		Coquitlam, BC	08.15.1992
66.82	Patrick Arbour	(88)	Toronto, ON	07.28.2010
64.64	Arbour		Lachine, QC	05.16.2010
63.61	Arbour		Windsor, ON	07.06.2009
63.25	Arbour		Calgary, AB	06.23.2011
61.60	Arbour		Ottawa, ON	08.15.2007
63.66 *old spec	Dan Disipio	(65)	Etobicoke, ON	06.01.1984
62.34	Barry Darling	(58)	Montreal, QU	05.21.1988
61.50	Greg Jack	(75)	Winston-Salem, NC	04.21.1995
61.41	Alex Bernard	(86)	Ottawa, ON	08.16.2006
61.12	Dave Mills	(64)	Downsview, ON	07.19.1987
59.96	Taylor Corney	(91)	Windsor, ON	07.06.2009
58.88 *old spec	Kevin Morgan	(63)	Montreal, QU	07.20.1985
58.14 *old spec	Dan Disipio	(65)	Ottawa, ON	08.02.1985
57.64	David Corney	(66)	Montreal, QU	08.05.1990
56.90	Matt Carkner		Sudbury, ON	06.05.1998
54.98	Leigh O'Connor	(87)	Ottawa, ON	08.25.2010
54.01	Zach Quevillon	(91)	Ottawa, ON	07.13.2011
53.98 *old spec	Roger Adams	(61)	Ottawa, ON	08.04.1985
53.68	Reid Gustavson	(88)	Sherbrooke QC	07.31.2011
53.61	Paul Ausman	(91)	Ottawa, ON	07.14.2010
52.80 @52 yrs of age	Bill Heikkila	(44)	Ottawa, ON	07.31.1991
51.50	Mark Chenery	(88)	Ottawa, ON	05.22.2011
50.23	Ben Coles	(89)	Ottawa, ON	07.28.2010
85.52 *old spec	Barry Darling	(58)	Brisbane, AUS	10.???.1982

(* Pending Date Validation CWGames Results)

WOMEN

(Threshold Ranking 35.00)

* 600gm Women's Javelin specifications changed effective 1991 (April 1)

* Further specification changes made effective 1999 (April 1) ... NO impact on ratings or rankings

59.30 *	Louise Perreault	(68)	Phoenix, AZ	04.00.1991
53.58 *	Perreault		Ottawa, ON	07.31.1987
53.18 *	Perreault		Seattle, WA	05.12.1990
52.82*	Perreault		Irvine, CA	04.28.1990
52.00	Perreault		Montreal, QU	06.19.1992
50.92 *	Perreault		Austin, TX	04.05.1990
50.70 *	Perreault		Palo Alto, CA	05.20.1989

50.62 *	Perreault		Irvine, CA	04.02.1988
50.58 *	Perreault		Sudbury, ON	08.03.1986
50.50 *	Perreault		Downsview, ON	08.18.1987
50.20 *	Perreault		Durham, NC	05.30.1990
50.14 *	Perreault		Belfast, N. Ireland	06.25.1990
57.64	Cheryl Coker	(65)	Charlotte, VA	04.18.1992
57.38	Coker		Winnipeg, MB	06.14.1991
57.36	Coker		Knoxville, TN	05.04.1991
56.22 *	Coker		Belfast, N. Ireland	06.25.1990
55.32 *	Coker		Goteburg, Sweden	07.12.1990
55.02	Coker		Montreal, QU	07.27.1991
55.02	Coker		Philadelphia, PA	04.25.1992
54.94 *	Coker		Duisburg, W. Germany	08.26.1989
54.78 *	Coker		Charlottesville, VA	05.13.1989
54.60 *	Coker		Eugene, OR	06.04.1988
54.44	Coker		Knoxville, TN	04.10.1992
54.04 *	Coker		Winnipeg, MB	05.26.1990
54.04 *	Coker		Ottawa, ON	08.10.1990
55.65 *	Sue Gibson	(56)	?	1980
54.40 *	Gibson		Los Angeles, CA	06.26.1983
51.40 *	Gibson		Edmonton, AB	07.05.1983
55.14 *	Lorri Larowe	(60)	Rabat, Morocco	07.13.1989
54.32 *	Larowe		Downsview, ON	06.10.1989
53.94 *	Larowe		Austin, TX	05.02.1987
50.42 *	Larowe		Austin, TX	04.08.1988
50.02 *	Larowe		Montreal, QU	08.04.1990
47.00	Larowe		Winnipeg, MB	05.26.1990
53.63	Dominique Bilodeau	(79)	Winnipeg, MB	07.15.2005
52.43	Bilodeau		Victoria, BC	07.18.2003
52.06	Bilodeau		Victoria, BC	07.09.2004
51.78	Bilodeau		Ottawa, ON	08.05.2006
50.95	Bilodeau		Walnut, CA	04.13.2007
50.94	Bilodeau		Ottawa, ON	08.04.2002
50.52	Bilodeau		Victoria, BC	08.11.2000
50.32	Bilodeau		Edmonton, AB	06.23.2001
49.16	Sandy Taylor	(72)	Abbotsford, BC	07.18.1997
44.17	Taylor		Montreal, QU	05.15.1999
42.68	Taylor		Kitchener, ON	07.30.2000
48.90	Caroline Larose	(78)	Eugene, OR	04.24.2004
47.97	Larose		Knoxville, TN	04.11.2003
47.00	Larose		Victoria, BC	07.19.2003
46.92	Larose		Downsview, ON	05.11.2002
46.83	Larose		Naimey, NIGER	12.01.2005
46.57	Larose		Ottawa, ON	06.11.2003
46.22	Larose		Canton, NY	04.21.2001
46.58	Sultana Frizell	(84)	Atlanta, GA	04.03.2004
45.90	Sylvia Gould	(66)		1987
43.30	Gould		Tillsonburg, ON	06.30.1985
44.21	Sara Collins	(87)	Ottawa, ON	05.28.2005
43.68	Julie Malenfant	(73)	Sudbury, ON	06.01.1990
42.96	Sarah Leonard	(73)	Scarborough, ON	08.22.1992
42.91	Samantha Piquette	(86)	Saskatoon, SK	07.24.2004
42.28	Alison Armstrong	(61)	Downsview, ON	07.07.1985
40.29	Veronique Fortin	(78)	Windsor, ON	07.13.2007
40.23	Kashani Thomas	(90)	Ottawa, ON	07.16.2011
39.35	Erin England	(82)	Ottawa, ON	06.06.2001
39.04	Kim Rapley	(68)	Downsview, ON	07.12.1992
38.92	Jennifer Setterfield		Ottawa, ON	06.23.1982
38.92	Michelle Baird	(87)	Ottawa, ON	06.17.2006
37.90	Valerie Chartrand	(87)	Ottawa, ON	07.14.2010
35.31	Christine Ausman	(93)	Ottawa, ON	06.27.2010
35.00	Dayna Barrett	(82)	Downsview, ON	05.13.2001

Indoor Weight Throw

MEN - 35 lbs.

19.62	James Fahie	(69)	Princeton, NY	03.07.1992
19.42	Fahie		Ithaca, NY	02.22.1992
18.78	Fahie			1995
18.08	Fahie		Ithaca, NY	02.18.1991
18.02	Fahie		Syracuse, NY	02.06.1993
17.94	Fahie		Ithaca, NY	02.23.1991
17.62	Brian McPhee		Syracuse, NY	02.22.2004
16.55	Ryan Rowat	(83)	Ottawa, ON	02.24.2007
12.78	Corey Wingate	(91)	Ottawa, ON	02.07.2009
12.45	Tim Nedow	(90)	Joplin, MO	02.07.2009

WOMEN - 20 lbs.

20.37	Sultana Frizell	(84)	Fayetteville, AR	03.12.2005
20.36	Frizell		Gainesville, FL	03.04.2005
19.91	Frizell		Blacksburg, VA	02.11.2005
19.50	Frizell		Ottawa, ON	02.19.2006
19.35	Frizell		Champaign, IL	01.29.2005
19.21	Frizell		Quebec City, QU	03.06.2006
19.20	Frizell		Clemson, SC	12.03.2004
18.63	Frizell		Lincoln, NB	02.07.2004
18.04	Marie-Josée Le Jour	(79)	Ottawa, ON	02.24.2007
18.00	Le Jour		Montreal, QC	03.02.2007
17.17	Cathy Griffin	(69)	Cambridge, MA	01.23.1993
16.87	Griffin		Cambridge, MA	12.11.1990
14.23	Caroline Larose	(78)	Montreal, QU	02.09.2002
13.54	Valerie Chartrand	(87)	Ottawa, ON	02.13.2010
12.64	Melinda Rock	(87)	Canton, NY	12.03.2011
12.37	Caitlin vanDodewaard	(89)	Charlotte, NC	01.30.2009
11.34	Eilish MacDonald	(94)	Ottawa, ON	02.07.2009

Heptathlon - Women

5601 points *wa	Alison Armstrong	(61)	Ottawa, ON	06.09-10.1984
			14.74 (8.5), 1.76, 12.36, 26.20 (3.1), 5.59 (1.2), 38.30, 2:19.94	
5543 points	Armstrong		Ottawa, ON	08.02-03.1985
			15.16 (-2.0), 1.82, 12.32, 26.43 (0.0), 5.71 (2.1), 37.62, 2:14.95	
5531 points	Armstrong		Ottawa, ON	06.21-22.1986
			14.74 (1.1), 1.81, 12.40, 26.44 (0.3), 5.64 (0.7), 34.68, 2:13.75	
5508 points	Armstrong		Saskatoon, SK	07.13-14.1985
			15.11 (1.4), 1.82, 11.84, 26.33 (2.6), 5.59 (2.7), 39.16, 2:14.95	
5470 points	Armstrong		Arles, France	05.17-18.1986
5393 points	Armstrong		Kobe, Japan	08.30-31.1985
5392 points	Armstrong		Gotzis, Austria	05.24-25.1986
5269 points	Armstrong		Sherbrooke, QU	07.10-11.1982
5267 points	Armstrong		Saskatoon, SK	08.22-23.1987
5215 points	Armstrong		Downsview, ON	06.12-13.1892
5214 points	Armstrong		Ottawa, ON	05.18-19.1985
5087 points	Armstrong		Ottawa, ON	07.31-01.1987
5068 points	Armstrong		Charlottesville, VA	05.14-15.1988
5175 points	Leslie Estwick	(60)	Ottawa, ON	07.31-01.1987
			14.07 (-0.2), 1.82, 10.48, 25.64 (3.2), 5.70 (nwi), 21.74, 2:26.75	
5149 points	Estwick		Charlottesville, VA	05.14-15.1988
5056 points	Estwick		Gettysburg, MD	05.08-09.1993
5022 points	Estwick		Gainesville, FL	03.25-26.1992
5023 points	Veronique Fortin	(78)	Windsor, ON	07.12-13.2007
			15.00 (-0.1), 1.59, 11.65, 26.14 (-0.7) (2989), 5.19 (-0.1), 40.29, 2:25.60	
4960 points	Kim Rapley	(68)	Sherbrooke, QU	08.01-02.1992

4899 points	Rapley		Sherbrooke, QU	06.03-03.1989
		15.15 (1.8), 1.69, 9.55, 26.12 (2.1), 5.32 (-0.8), 37.86, 2:45.20		
4681 points	Rapley		Knoxville, TN	04.07-08.1993
4891 points	Victoria Merrill	(87)	Ottawa, ON	07.15-16.2011
		14.96 (0.6), 1.51, 10.55, 26.18 (0.4), 5.47 (2.4), 32.18, 2:18.54		
4608 points	Merrill		Sherbrooke, QC	07.30-31.2011
4814 points	Karen Hanna	(64)	Ottawa, ON	08.02-02.1985
		15.17 (-2.0), 1.61, 12.03, 26.26 (0.1), 4.93 (2.1), 31.46, 2:24.34		
4773 points	Michele Krech	(86)	Ottawa, ON	05.21-22.2011
		15.27 (1.3), 1.60, 10.97, 26.81 (2.1), 4.92 (2.0), 31.78, 2:17.18		
4734 points	Krech		Calgary, AB	06.22-23.2011
		15.23 (-1.4), 1.55, 11.13, 26.66 (-2.0), 5.23 (-1.1), 29.72, 2:21.20		
4592 points	Krech		Toronto, ON	07.28-29.2010
		15.28 (1.8), 1.58, 9.91, 27.05 (-0.6), 4.96 (1.4), 2:20.57		
4425 points	Krech		Downsview, ON	06.12-13.2010
		15.60 (2.6), 1.54, 9.72, 27.30 (-1.2), 4.95 (0.0), 26.66, 2:19.00		
4404 points	Krech		Lachine, QC	05.15-16.2010
		16.06 (-3.9), 1.54, 10.93, 27.40 (0.0), 4.90 (0.4), 27.03, 2:21.10		
4023 points	Krech		London, ON	06.13-14.2009
3999 points	Krech		Toronto, ON	06.25-26.2009
4578 points	Dayna Barrett	(82)	London, ON	06.29-30.2001
		15.01 (2.1), 1.56, 10.93, 27.83 (-1.4), 5.10 (4.1), 34.66, 2:32.32		
4308 points	Johanna Dobransky	(91)	Ottawa, ON	05.21-22.2011
		15.92 (1.3), 1.63, 9.41, 27.92 (2.1), 5.18 (0.8), 21.14, 2:24.34		
4176 points	Dobransky		Calgary, AB	06.22-23.2011
4121 points	Dobransky		Toronto, ON	07.28-29.2010
4309 points	Sharon Spear	(78)	Sudbury, ON	07.20-21.1996
4300 points	Anna Stolle	(93)	Ottawa, ON	05.21-22.2011
4186 points	Emery Terrell	(93)	Winnipeg, MB	07.08.2011
4073 points	Anne LeBel	(79)	Sherbrooke, QU	06.16-17.1995
4028 points	Chantale Dejardin	(75)	Ottawa, ON	06.29-30.1994
3945w points *Youth	Julianne Tebrake	(95)	Ottawa, ON	08.06-07.2010
3901 points	Patricia Gauthier	(85)	Saskatoon, SK	07.04-05.2003
3900 points	Emma Dobson	(91)	Ottawa, ON	05.16-17.2009
3887 points	Courtney Connor	(87)	Downsview, ON	06.11-12.2005
3876 points	Leanne Brown	(77)	Sudbury, ON	07.20-21.1996
3865 points	Alison Cross	(81)	Sudbury, ON	07.20-21.1996

Decathlon - Men

7153 points	Mark Chenery	(88)	Calgary, AB	06.22-23.2011
		11.11 (0.4), 6.95m (-0.6), 11.93, 2.00, 50.01, 15.06 (-1.0), 42.36, 3.60, 50.42, 4:46.90		
6863 points	Chenery		Ottawa, ON	05.22-23.2011

7058 points	Patrick Arbour	(88)	Toronto, ON	07.28-29.2010
	11.66 (3.1), 6.50 (-3.6), 13.92, 1.82, 52.02, 15.64 (-1.8), 46.74, 3.90, 66.82, 5:02.84			
6818 points	Arbour		Downsview, ON	06.12-13.2010
	11.93 (2.3), 6.80 (1.3), 13.95, 1.78, 53.64, 16.02 (-1.1), 45.70, 3.90, 60.83, 5:02.58			
6791 points *w	Arbour		Lachine, QC	05.15.16.2010
	12.01 (-2.3), 6.74 (4.1), 13.90, 1.83, 53.96, 15.66 (1.1), 43.00, 3.75, 64.64, 5:07.34			
6729 points	Arbour		Calgary, AB	06.22-23.2011
	11.82 (0.4), 6.48 (-0.3), 13.85, 1.79, 54.17, 15.58 (-1.0), 47.10, 3.80, 63.25, 5:22.30			
6679 points	Arbour		Sherbrooke, QC	07.30-31.2011
6593 points	Arbour		Ottawa, ON	07.15-16.2011
6572 points	Arbour		Kingston, Jamaica	05.27-28.2011
6189 points	Arbour		Charlottetown, PEI	08.25-26.2009
6153 points	Arbour		Toronto, ON	06.25-26.2009
6138 points	Arbour		Ottawa, ON	05.16-17.2009
6995 points	Reid Gustavson	(88)	Sherbrooke, QC	07.30-31.2011
6935 points	Gustavson		Calgary, AB	06.22-23.2011
	11.31 (0.4), 6.68 (2.6), 12.42, 1.94, 49.20, 16.46 (-1.0), 35.82, 4.20, 49.34, 4:43.95			
6831 points	Gustavson		Ottawa, ON	05.22-23.2011
6764 points *Junior	Taylor Corney	(91)	Port Of Spain, TRI	08.1-2.2009
	11.54 (0.0), 6.54 (3.3), 13.64, 1.94, 52.88, 15.23 (3.3), 40.16, 3.10, 57.18, 4:52.46			
6430 points *Junior	Corney		Charlottetown, PEI	07.18-19.2009
	11.48 (2.0), 6.42 (2.9), 12.89, 1.89, 52.90 / 16.08 (2.9), 42.31, 2.80, 55.51, 5:05.97			
6391 points *Junior	Corney		London, ON	06.13-14.2009
	11.46 (0.8), 6.05 (2.2), 13.77, 1.90, 51.96 / 15.72 (0.6), 34.56, 2.86, 59.34, 5:08.74			
6708 points	James Holder	(76)	Windsor, ON	07.12-13.2007
	11.23 (3.6), 6.56 (2.1), 11.82, 1.78, 51.79 (3460), 15.60 (-1.5), 35.66, 4.30, 43.60, 4:37.37			
6472 points	Roger Adams	(61)	Ottawa, ON	08.03-04.1985
	11.81 (0.1), 6.28 (0.1), 11.59, 1.72, 52.34 / 16.43 (0.2), 37.70, 4.20, 53.98, 4:43.35			
6125 points	Adams		Ottawa, ON	05.21-22.1983
5938 points	Adams		Ottawa, ON	06.21-22.1986
6335 points *hybrid score	Jeff Keays	(78)	Calgary, AB	05.17-18.1998
	10.8 (3.6), 6.93 (2.5), 9.96, 1.92, 51.5 (3604) / 14.89 (0.5), 28.07, 3.80, 39.00, 5:19.74			
6220 points	Shawn Wilcox	(73)	Ottawa, ON	06.11-12.1993
5972 points	Wilcox		Sherbrooke, QU	08.01-02.1992
5768 points	Brian Marshall	(65)	Downsview, ON	06.12-13.1982
	11.64 (2.0), 6.49 (2.2), 9.98, 2.10, 53.44 / 16.64 (1.3), 27.12, 3.00, 36.46, 5:37.54			
5725 points	Richard Bergman	(65)	Saskatoon, SK	07.14-15.1984
	11.55 (1.2), 5.92 (1.8), 11.35, 1.80, 52.14 / 16.40 (1.4), 33.30, 2.70, 31.24, 4:49.48			
5623 points	Zach Quevillon	(91)	Sherbrooke, QC	07.30-31.2011
5619 points	Olivier Gauthier-Kwan	(89)	Ottawa, ON	07.15-16.2011
5192 points	Emmett Proulx	(90)	Ottawa, ON	07.15-16.2011

Notes & Historical References

Statistical Lists

The research for this historical data was initiated in April 2006 and first published that October. "All available data" was carefully reviewed and referenced to the extent of performance records and meet r. We are however constantly looking for additional results not yet reviewed. If a "blank" exists or any data is missing on a performance list, it is only because the performance specifics have not been finalized and we are simply looking for further validation. To be valid, all information of a performance must be listed some place (meet results, other rankings, newspaper, personal journals etc).

Note: The years from 1997 to 2001 - statistical records were poorly maintained by the National Sport Organization (Athletics Canada) and our organization also lost much of it's data and records via computer failure and a lack of hard copy records. So many of our Twilight Meets where many would have recorded outstanding results during most of the summer months were lost. If you can help us - please do.

Club History

During the 1970's and 1980's, there were many Clubs in the City of Ottawa. Prior to 1988, only athletes and coaches listed as members of the original club, the East Ottawa Lions / founded in 1973 and began its operations in 1974 with Bob Staveley - Head Coach. Athletes have been listed to the best of our knowledge applying existing records, national / provincial rankings and annual coaching reports. The premier Club in the 70's was the Ottawa Kinsmen Harriers and many of Ottawa's outstanding athletes and established national and international stars were members of this organization and therefore unfortunately will be missed from these ranking lists.

In 1989, the amalgamation of several clubs and coaching leaders created the new "Ottawa Lions". The few clubs that chose not to be included in this structure would eventually disappear within only a few years. The City of Ottawa and its surrounding regions came to be served by one effective "all-inclusive" approach to the sport. The Ottawa Lions organization continues to be a unique within Canada, providing leadership, coaching, education and competitive services to our sport from coast to coast.

It is our intent to recognize and permanently enshrine the achievements of our both our athletes and coaches. It is their efforts and their achievements that better serve the "Lions Legacy". This history will assist current and future athletes to excel ... offering a reference of achievement, of terms of expectation and of aspiration to excellence.

These Lists and Rankings will be reviewed, updated and re-posted on a biannual basis each April and October. If you know of anyone who has any historical resources that will aid in the completion of our historical lists please contact us.

Andy McInnis - Director
(September 2008)

Without this historically dynamic record of objective measurements, one would never know one's impact on this small but relative part of local, national and sometimes international sport history. We would never know just how our efforts of one moment in time may ***withstand the test of time.***