

Ottawa Lions Track & Field Club

Records

(As of February 13, 2012)

60 Meters

MEN	6.64	Michael Nicolini	(78)	Sherbrooke, QU	02.27.1999
WOMEN	7.43	Esther Akinsulie	(84)	Montreal, QC	01.27.2012

100 Meters

MEN	10.10	(1.5)	Glenroy Gilbert	(68)	Victoria, BC	08.22.1994
WOMEN	11.54	(0.8)	Ashley Purnell	(83)	Belleville, ON	06.07.2002

150 Meters

MEN	15.56	Oluseyi Smith	(87)	Ottawa, ON	02.13.2010
WOMEN	17.86	*dome Esther Akinsulie	(84)	Ottawa, ON	12.02.2005

200 Meters

MEN	20.37	(0.7)	Glenroy Gilbert	(68)	New Orleans, LA	06.02.1993
WOMEN	23.24	(1.2)	Esther Akinsulie	(84)	Baton Rouge, LA	04.17.2010

300 Meters

MEN	33.21	*dome	Michael Robertson	(89)	Ottawa, ON	01.17.2009
WOMEN	37.03		Esther Akinsulie	(84)	Dusseldorf, GER	08.10.2009

400 Meters

MEN	46.60	Michael Robertson	(89)	Windsor, ON	05.29.2010
WOMEN	51.70	Esther Akinsulie	(84)	San Luis, MEX	07.09.2009

600 Meters

MEN	1:18.02	*indoor	Richard Brant	(67)	Sherbrooke QU	01.24.1988
WOMEN	1:29.91	*dome	Jennifer Perrault	(88)	Ottawa, ON	02.11.2012

800 Meters

MEN	1:47.24	Rick Brant	(67)	Montreal, QU	08.04.1987
WOMEN	2:02.19	Grace Verbeek	(58)	Abbotsford, BC	06.12.1988

1000 Meters

MEN	2:23.64	Michael Woods	(86)	Ottawa, ON	07.26.2006
WOMEN	2:45.28	Anna Gunasekera	(71)	Ottawa, ON	07.24.1996

1500 Meters

MEN	3:36.36	Steve Agar	(68)	Stuttgart, GER	07.10.1998
WOMEN	4:12.68	Nathalie Cote	(73)	Montreal, QU	07.12.1998

Mile					
MEN	3:57.37	Steve Agar	(68)	Portland, OR	05.11.1997
WOMEN	4:37.??	Nathalie Cote	(73)	Falmouth, ME	? . ? . 1997

3000 Meters					
MEN	7:48.33	Steve Agar	(68)	Roerto, Italy	08.25.1998
WOMEN	9:08.05	Sarah Dillabaugh	(73)	Dedham, MA	06.27.2000

5000 Meters					
MEN	13:25.16	Sean Kaley	(75)	Victoria, BC	08.11.2000
WOMEN	15:34.33	Sarah Dillabaugh	(73)	Montreal, QU	07.07.2000

10,000 Meters					
MEN	28:01.06	Sean Kaley	(75)	Palo Alto, CA	05.06.2000
WOMEN	33:15.35	Lisa Presedo	(65)	Montreal, QU	07.26.1991

Marathon					
MEN	2:23.08	Stephane Gamache	(75)	Sacramento, CA	12.03.2000
WOMEN	2:39.56	Lisa Presedo	(65)	Toronto, ON	09.09.1990

5000m - Walk					
WOMEN	22:01.09	Ann Peel	(60)	Zagreb, YUG	07.17.1987
MEN	22:22.10	Dan Broderick	(64)	Downsview, ON	03.19.1983

10,000m - Walk					
WOMEN	45:06 r	Ann Peel	(60)	New York, NY	05.03.1987

20km - Walk					
MEN	1:40.37.4	Jeff Cassin	(68)	Coquitlam, BC	08.14.1992

60m Hurdles					
MEN	7.70	Charles Allen	(77)	Boston, MA	01.26.2008
WOMEN	8.12	Lesley Tashlin	(69)	Atlanta, GA	03.03.1996

100m Hurdles					
WOMEN	12.96 (0.7)	Lesley Tashlin	(69)	Baton Rouge, LA	05.11.1996

110m Hurdles					
MEN	13.57 (2.0)	Charles Allen	(77)	Ottawa, ON	08.05.2006
Jr Men	13.92 (1.3)	Sekou Kaba	(90)	Ottawa, ON	06.21.2008
	13.92 (0.7)	Oluwasegun Makinde	(91)	Moncton, NB	07.02.2010

300m Hurdles					
MEN	37.45	Craig Hutton	(64)	Ottawa, ON	08.15.1990
WOMEN	40.81	Rosey Edeh	(66)	Ottawa, ON	06.26.1991

400m Hurdles

MEN	51.02	Craig Hutton	(64)	Provo, UT	05.24.1990
WOMEN	56.10	Rosey Edeh	(66)	Provo, UT	06.02.1989

1500m Steeplechase

MEN	4:17.91	Kevin Lee	(73)	Ottawa, ON	07.28.1993
WOMEN	5:11.83	Dana Buchanan	(84)	Ottawa, ON	07.26.2006

2000m Steeplechase

MEN	5:50.94	Alain Boucher	(61)	Ottawa, ON	06.27.1990
WOMEN	6:36.05	Danelle Woods	(89)	Abbotsford, BC	07.29.2007

3000m Steeplechase

MEN	8:33.65	Alain Boucher	(61)	Sydney, AUS	01.14.1990
WOMEN	10:13.98	Danelle Woods	(89)	Sao Paulo, BRA	07.07.2007

4 x 100m

Men	40.15	Senior Men		Ottawa, ON	07.15.2011
		Michael Robertson, Oluseyi Smith Oluwasegun Makinde, Richard Adu-Bobie			
Women	47.27	Senior Women (National Champions)		Windsor, ON	07.06.2008
		Christiane Lela, Esthe Akinsulie Lauren Seibel, Rachel Aubry			

4 x 400m

Men	3:13.30	Senior Men			1997
		Sasha Cessaratto (49.1), Sean Surerus (49.0), Lyndon George (47.0), Marc Denault (48.2)			
Women	3:46.33	Junior Women (National Champions)		Moncton, NB	07.04.2010
		Evelyn Scott (58.2), Fiona Callender (55.3) Samantha Murphy (56.4), Ashlea Maddex (56.3)			

High Jump

MEN	2.25	Cory Siermachesky	(69)	Burnaby, BC	05.31.1992
WOMEN	1.89	Leslie Estwick	(60)	Downsview, ON	06.22.1991

Pole Vault

MEN	4.87	Rob Lindsay	(66)	Nassau, Bahamas	08.24.1984
	4.87	Lindsay		Etobicoke, ON	06.07.1985
WOMEN	4.06	Patricia Gauthier	(85)	Northridge, CA	05.30.2008

Long Jump

MEN	8.01	(1.9)	Glenroy Gilbert	(68)	Ottawa, ON	08.06.1988
WOMEN	6.27	(1.2)	Leslie Estwick	(60)	Prince George, BC	08.13.1994

Triple Jump

MEN	15.75	(1.6)	Glenroy Gilbert	(68)	Etobicoke, ON	05.14.1988
WOMEN	12.74	(1.1)	Chantal Ouoba	(75)	Ottawa, ON	08.04.2002

Shot Put

MEN	17.32		Brian MacPhee	(81)	Blacksburg, VA	04.24.2004
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18.05 *indoor Brian MacPhee (81) Blacksburg, VA 03.06.2004

WOMEN 15.83 *indoor Cathy Griffin (69) Cambridge, MA 01.23.1993
15.82 Sultana Frizell (84) Ottawa, ON 06.17.2006

Discus

MEN 50.34 Steve Lambrose 1977
WOMEN 56.86 Cathy Griffin (69) Winnipeg, MB 06.11.1993

Hammer

MEN 65.34 James Fahie (68) Montreal, QU 07.13.1995
WOMEN 72.24 * Sultana Frizell (84) Rankisch-Crumbach, GER 05.24.2010
* Canadian Senior Record

Javelin

MEN 74.64 * John Yorga Tillsonburg, ON 08.10.1979
69.12 Hugh Wilson (61) Burnaby, BC 06.10.1989
* Old Specifications / Men's Javelin specifications modified with significant impact on flight distances. Effective April 1, 1986.

WOMEN 59.30 * Louise Perreault (68) Phoenix, AZ 04.00.1991
57.64 Cheryl Coker (65) Charlotte, VA 04.18.1992
* 600gm Women's Javelin specifications changed effective 1991 (April 1).
* Added specification changes made effective 1999 (April 1) - viewed as not effecting ratings or rankings

Weight Throw

MEN 19.62 James Fahie (69) Princeton, NY 03.07.1992
WOMEN 20.37 Sultana Frizell (84) Fayetteville, AR 03.12.2005

Heptathlon

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

Decathlon

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