

Ottawa Lions Track & Field Club

ALL-TIME TOP 10

Performers Lists

Updated as of October 24, 2009

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

60 Meters

MEN

6.64	Michael Nicolini	(78)	Sherbrooke, QU	02.27.1999
6.66	Richard Adu-Bobie	(85)	Fayetteville, AR	03.12.2005
6.72	Glenroy Gilbert	(68)	Fairfax, VA	02.25.1996
6.72	Oluseyi Smith	(87)	Sheffield, ENG	02.14.2009
6.73	Charles Allen	(77)	Montreal, QC	01.30.2009
6.77	Sheridon Baptiste	(64)	Windsor, ON	02.20.1988
6.81	Alamou Souhalia	(79)	Montreal, QU	02.19.2005
6.84	Ricardo Greenidge	(71)	Winnipeg, MB	02.02.1991
6.84	Curtis Fraser	(82)	Blacksburg, VA	02.13.2004
6.87	Daniel Barbarie	(82)	University Park, PA	02.11.2005

WOMEN

7.50	Ashley Purnell	(83)	New York, NY	03.10.2002
7.61	Christiane Lela	(88)	Windsor, ON	03.12.2009
7.64	Esther Akinsulie	(84)	Ottawa, ON	01.19.2008
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
7.76	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
7.81	Andrea Bacchiochi	(68)	Sherbrooke, QU	02.24.1990

100 Meters

MEN

10.10	(1.5)	Glenroy Gilbert	(68)	Victoria, BC	08.22.1994
10.23	(2.0)	Oluseyi Smith	(87)	Bedford, GBR	05.04.2009
10.25	(0.5)	Richard Adu-Bobie	(85)	Lincoln, NB	05.30.2008
10.27	(1.5)	Michael Nicolini	(78)	Montreal, QU	08.01.1998
10.35	(1.1)	Charles Allen	(77)	Downsview, ON	07.18.2009
10.37	(1.4)	Ricardo Greenidge	(71)	Victoria, BC	07.29.1994
10.42	(1.8)	Sheridon Baptiste	(64)	Ottawa, ON	06.30.1994

10.47	(1.6)	Oluwasegun Makinde	(91)	Brockville, ON	05.29.2009
10.50	(2.0)	Daniel Barbarie	(82)	Ottawa, ON	06.16.2004
10.54	(-0.1)	Fatih Stanley	(83)	Ottawa, ON	06.21.2008

Significant Wind Aided Performances

10.01	(2.8)	Glenroy Gilbert	(68)	Knoxville, TN	04.07.1993
10.07	(7.1)	Michael Nicolini	(79)	Knoxville, TN	04.07.1999
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
10.40	(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
10.48	(2.2)	Oluseyi Smith	(87)	Birmingham, GBR	04.29.2006
10.51	(2.2)	Oluwasegun Makinde	(91)	Port of Spain, TRI	08.01.2009
10.53	(2.5)	Moussa Sissoko	(85)	St. Laurent, QU	06.07.2008

Women

11.54	(0.8)	Ashley Purnell	(83)	Belleville, ON	06.07.2002
11.55	(1.0)	Esther Akinsulie	(84)	Montreal, QU	07.26.2008
11.75	(1.9)	Holly Denny	(?)	Montreal, QU	07.08.1975
11.89	(2.0)	Maureen Doody	(71)	Montreal, QU	06.09.2000
12.01	(0.2)	Lesley Tashlin	(69)	Ottawa, ON	06.02.1999
12.06	(1.3)	Leanne Wall	(73)	Ottawa, ON	07.02.1993
12.10	(1.0)	Christiane Lela	(88)	Montreal, QU	07.26.2008
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

Significant Wind Aided Performances

11.56	nwi	Ashley Purnell	(83)	Canton, NY	04.19.2001
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
12.07	(2.7)	Christiane Lela	(88)	Montreal, QU	06.06.2009
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

150 Meters

MEN

15.67		Glenroy Gilbert	(68)	Ottawa, ON	06.10.1998
15.82 *dome		Charles Allen	(77)	Ottawa, ON	04.08.2009
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
16.39 *dome		Oluwasegun Makinde	(91)	Ottawa, ON	12.20.2008
16.42 *dome		Ramon Monsour	(90)	Ottawa, ON	12.20.2008
16.45 *dome		Christian Desulme	(90)	Ottawa, ON	12.15.2007

WOMEN

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
18.53		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
19.05	*dome	Ashley Wilson	(91)	Ottawa, ON	12.13.2008

200 Meters

MEN

20.37	(0.7)	Glenroy Gilbert	(68)	New Orleans, LA	06.02.1993
20.61	(0.8)	Ricardo Greenidge	(71)	Odessa, TX	05.19.1994
20.73	(-0.3)	Michael Nicolini	(78)	Flagstaff, AZ	07.13.1998
20.89	(-1.0)	Oluseyi Smith	(87)	Bedford, GBR	05.03.2008
20.92	(1.6)	Richard Adu-Bobie	(85)	Austin, TX	05.02.2009
20.99	(0.4)	Oluwasegun Makinde	(91)	Toronto, ON	06.06.2009
21.28	(0.6)	Moussa Sissoko	(85)	Ottawa, ON	05.24.2008
21.30	(-0.7)	Lyndon George	(65)	Flagstaff, AZ	07.19.1999
21.30	(0.6)	Michael Robertson	(89)	Ottawa, ON	05.16.2009
21.35	(1.2)	Curtis Fraser	(82)	Edmonton, AB	06.23.2002

Significant Wind Aided Performances

20.39	wa	Glenroy Gilbert	(68)	Knoxville, TN	05.15.1993
20.67	(8.6)	Michael Nicolini	(78)	Knoxville, TN	04.10.1999
21.03	(3.3)	Richard Adu-Bobie	(85)	Victoria, BC	07.11.2004
21.26	(3.8)	Oluwasegun Makinde	(91)	Charlottetown, PEI	07.19.2009
21.33	(2.5)	Lawrence Ringwald	(76)	Ottawa, ON	07.15.2001
21.40	(3.5)	Michael Robertson	(89)	Canton, NY	05.09.2009
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

WOMEN

23.28	(1.5)	Ashley Purnell	(83)	Kingston, JAM	07.18.2002
23.41	(1.9)	Esther Akinsulie	(84)	Toronto, ON	06.28.2009
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
24.80	(1.1)	Lauren Seibel	(82)	Windsor, ON	07.06.2008

Significant Wind Aided Performances

23.31	(2.9)	Ashley Purnell	(83)	Edmonton, AB	06.23.2002
23.42	(2.4)	Esther Akinsulie	(84)	Windsor, ON	07.06.2008
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
24.98	nwi	Ashlea Maddex	(92)	Brockville, ON	05.21.2009
25.01	nwi	Maureen Doody	(71)	Canton, NY	07.19.2001
25.08	(2.1)	Lesley Tashlin	(69)	Ottawa, ON	06.08.1994
25.27	nwi	Samantha Murphy	(92)	Brockville, ON	05.21.2009
25.31	(3.3)	Alicia Brown	(90)	Ottawa, ON	05.08.2008

300 Meters

MEN

33.21 *dome	Michael Robertson	(89)	Ottawa, ON	01.17.2009
34.00 *dome	Todd Pyper	(87)	Ottawa, ON	01.28.2006
34.10 *dome	Ramon Monsour	(90)	Ottawa, ON	01.17.2009
34.13	Paul Chauvin	(81)	Ottawa, ON	06.22.2005
34.14	Lyndon, George	(65)	Ottawa, ON	07.23.1997
34.29	Brian Cummings	(86)	Ottawa, ON	08.03.2005
34.45 *dome	Moussa Sissoko	(85)	Ottawa, ON	01.24.2009
34.50 *dome	Stuart Pearson	(89)	Ottawa, ON	02.07.2009
34.56 *indoor	Daniel Barbarie	(82)	South Bend, IN	02.04.2005
34.61 *indoor	Ryan Therrien	(83)	Montreal, QU	12.15.2001

WOMEN

37.03	Esther Akinsulie	(84)	Dusseldorf, GER	08.10.2009
38.82	Isabelle Gervais	(77)	Ottawa, On	07.25.2001
39.29 *indoor	Christiane Lela	(88)	Montreal, QU	03.07.2008
39.60 *indoor	Julia Tousaw	(89)	Montreal, QC	02.21.2009
39.70 *indoor	Ashley Purnell	(83)	Montreal, QU	02.09.2002
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

400 Meters

MEN

46.77	Lyndon George	(65)	Flagstaff, AZ	07.17.1999
46.84	Michael Robertson	(89)	London, ON	06.13.2009
46.91	Lawrence Ringwald	(76)	Flagstaff, AZ	07.19.1999
47.06	Phillip Hughes	(67)	Kyoto, Japan	08.31.1985
47.20	Todd Pyper	(87)	San Luis, MEX	05.19.2007
47.77	Ryan Therrien	(83)	Chapel Hill, NC	04.16.2004
47.84	Ray Cardinal	(46)	Phoenix, AZ	08.24.1984
47.85	Ken LeBlanc	(68)	Ottawa, ON	06.06.1986
47.92	Brian Cummings	(86)	Windsor, ON	07.29.2005
48.01	Paul Chauvin	(81)	Downsview, ON	06.12.2004

WOMEN

51.70	Esther Akinsulie	(84)	Belgrade, SER	07.09.2009
53.37 *indoor	Rosey Edeh	(66)	Dallas, TX	02.16.1990
53.57 *indoor	Ashley Purnell	(83)	Seattle, WA	03.05.2005
54.38	Lauren Seibel	(82)	Windsor, ON	07.05.2008
54.53	Bailey Lewis	(86)	Saskatoon, SK	07.24.2004
54.60	Grace Verbeek	(58)	Downsview, ON	07.04.1987
54.64	Isabelle Gervais	(77)	Ottawa, ON	07.28.2001
55.55	Christiane Lela	(88)	Abbotsford, BC	07.28.2007
55.69	Julia Tousaw	(89)	Ottawa, ON	06.04.2008
55.70	Emilie Halle	(90)	Brockville, ON	05.30.2009

600 Meters

MEN

1:18.02 *indoor	Richard Brant	(67)	Sherbrooke QU	01.24.1988
1:18.45 *dome	Michael Robertson	(89)	Ottawa, ON	12.13.2008
1:19.40 *indoor	Craig Hutton	(64)	Sherbrooke, QU	02.24.1990
1:19.43 *indoor	Brian Cummings	(86)	Montreal, QU	03.08.2008
1:19.47 *indoor	Phillip Hughes	(67)	Sherbrooke, QU	02.24.1990
1:19.62 *dome	Paul Chauvin	(81)	Ottawa, ON	12.16.2006
1:20.03	Sean Surerus	(74)	Ottawa, ON	08.13.1997
1:20.39 *dome	Sean Young	(83)	Ottawa, ON	02.24.2007
1:20.50 *dome	Reda Benazzouz	(89)	Ottawa, ON	02.03.2007
1:20.61	Ryan Therrien	(83)	Ottawa, ON	07.09.2003

WOMEN

1:30.82	Rachel Aubry	(90)	Ottawa, ON	07.16.2008
1:31.08 *indoor	Grace Verbeek	(58)	Sherbrooke, QU	02.01.1987
1:31.03 *indoor	Julia Tousaw	(89)	Toronto, ON	02.28.2009
1:31.63	Kelly Young	(84)	Ottawa, ON	07.16.2008
1:32.52	Melissa Bishop	(88)	Ottawa, ON	08.08.2007
1:32.81	Anna Gunasekera	(71)	Ottawa, ON	07.10.1996
1:32.87 *indoor	Isabelle Gervais	(77)	Montreal, QU	03.06.1999
1:32.95 *indoor	Esther Akinsulie	(84)	Montreal, QC	02.21.2009
1:33.86	Dana Buchanan	(84)	Ottawa, ON	07.09.2003
1:33.97	Jenni Biewald	(88)	Ottawa, ON	07.26.2006

800 Meters

MEN

1:47.24	Rick Brant	(67)	Montreal, QU	08.04.1987
1:48.66	Craig Hutton	(64)	Montreal, QU	08.11.1990
1:48.89	Scott MacDonald	(73)	Montreal, QU	07.08.1995
1:49.02	Sean Surerus	(74)	Richmond, BC	06.02.1996
1:49.82	Kevin Savard	(85)	Windsor, ON	07.14.2007
1:49.88	Richard Charette	(67)	Ottawa, ON	06.26.1991
1:49.94	John Bowden	(69)	Gainesville, FL	05.02.1992
1:50.19	Steve Agar	(68)	Montreal, QU	06.10.1996
1:50.74	Kevin Waller	(64)	Montreal, QU	07.20.1985
1:51.22 *indoor	Mike Woods	(86)	University Park, PA	02.11.2006

WOMEN

2:02.19	Grace Verbeek	(58)	Abbotsford, BC	06.12.1988
2:05.13	Nathalie Cote	(72)	Boston, MA	05.???.1998
2:05.42	Rachel Aubry	(90)	Port of Spain, TRI	08.02.2009
2:06.77	Melissa Bishop	(88)	Beirut, LEB	10.03.2009
2:06.94	Kelly Young	(84)	Ottawa, ON	08.06.2008
2:08.21	Anna Gunasekera	(71)	Montreal, QU	07.16.1995
2:08.35	Jennie Biewald	(88)	Ottawa, ON	07.03.2005
2:08.92	Katie Engel	(87)	Ottawa, ON	07.20.2005
2:09.45	Julia Tousaw	(89)	Windsor, ON	07.04.2009
2:09.54	Sheila Aikmen	(65)	Montreal, QU	08.03.1991

1000 Meters

MEN

(Threshold Ranking 2:35.00)

2:23.64	Michael Woods	(86)	Ottawa, ON	07.26.2006
2:24.94	Kevin Waller	(64)	Montreal, QU	06.12.1982
2:25.13 *indoor	Kent Thexton	(63)	Sherbrooke, QU	03.10.1984
2:26.09 *indoor	Steve Agar	(68)	Sherbrooke, QU	01.23.1993
2:26.51 *indoor	Kevin Savard	(85)	Montreal, QU	03.09.2007
2:26.62	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
2:28.14	Paul Fournier	(64)	Montreal, QU	06.12.1982
2:29.16 *indoor	Glen Ellito	(62)	Toronto, ON	03.02.1985

WOMEN

2:45.28	Anna Gunasekera	(71)	Ottawa, ON	07.24.1996
2:46.44	Kelly Young	(84)	Ottawa, ON	07.16.2008
2:47.60 *indoor	Nathalie Cote	(73)	Montreal, QU	02.19.2000
2:47.64 *indoor	Sarah Dillabaugh	(73)	Windsor, ON	03.07.1997
2:48.44 *indoor	Grace Verbeek	(58)	Montreal, QU	01.24.1987
2:47.60 *indoor	Nathalie Cote	(73)	Montreal, QU	02.19.2000
2:48.69	Jennie Biewald	(88)	Ottawa, ON	06.21.2006
2:48.71 *indoor	Lauren Aldwinkle	(73)	Edmonton, AB	03.12.1994
2:49.07 *indoor	Christine Whiteside	(63)	Windsor, ON	03.07.1987
2:50.35	Dana Buchanan	(84)	Ottawa, ON	06.21.2006

1500 Meters

MEN

3:36.36	Steve Agar	(68)	Stuttgart, GER	07.10.1998
3:39.26	Marc Olesen	(64)	Palo Alto, CA	04.23.1988
3:39.37	Michael Woods	(86)	Germany	07.07.2006
3:39.48	John Bowden	(69)	Ottawa, ON	07.17.1991
3:39.94	Richard Charette	(67)	Montreal, QU	08.03.1991
3:40.88	Scott MacDonald	(73)	Ann Arbor, MI	05.14.1994
3:41.48	Rob Cunningham	(71)	Ithica, NY	04.05.1993
3:42.24	Kent Thexton	(63)	Burnaby, BC	07.16.1984
3:43.01	Chris McGregor	(75)	Victoria, BC	06.10.1999
3:43.14	Kevin Waller	(64)	Vancouver, BC	06.16.1983

WOMEN

4:12.68	Nathalie Cote	(73)	Montreal, QU	07.12.1998
4:16.51	Tracy Robertson	(77)	Palo Alto, CA	05.06.2000
4:17.22	Sarah Dillabaugh	(73)	Dedham, MA	06.24.2000
4:17.40	Anna Gunasekera	(71)		1996
4:20.05	Christine Whiteside	(63)		1983
4:20.15	Kelly Young	(84)	Windsor, ON	07.04.2008
4:21.58	Dana Buchanan	(84)	Eugene, OR	06.06.2009
4:22.89	Katie Engel	(87)	San Diego, CA	04.28.2007
4:24.27	Tania Jones	(69)	Ottawa, ON	06.21.1995
4:25.37	Danelle Woods	(89)	Ottawa, ON	06.29.2007

Mile

MEN

3:57.37	Steve Agar	(68)	Portland, OR	05.11.1997
3:57.48	Mike Woods	(86)	Windsor, ON	07.28.2005
3:58.08	Marc Olesen	(64)	Burnaby, BC	06.13.1983
3:59.40 *indoor	Scott MacDonald	(73)	Notre Dame, IN	1994
4:00.24	Kent Thexton	(63)	Tillsonburg, ON	07.07.1984
4:01.13	Sean Kaley	(75)	Fayetteville, AR	02.10.2001
4:02.55 *indoor	Murray Link	(77)	Ames, IA	03.03.2000
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

WOMEN

4:37.??	Nathalie Cote	(73)	Falmouth, ME	? . ? . 1997
4:39.10 *indoor	Tracy Robertson	(77)	Fayetteville, AR	03.10.2001
4:44.58 *indoor	Dana Buchanan	(84)	Seattle, WA	03.04.2006
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
4:59.96 *indoor	Danelle Woods	(89)	Hanover, NH	01.05.2007
5:01.13 *indoor	Daniele Riendeau	(84)		2006

3000 Meters

MEN

7:48.33	Steve Agar	(68)	Rovertò, Italy	08.25.1998
7:52.27 *indoor	Mike Woods	(86)	South Bend, IN	02.04.2006
7:55.38 *indoor	Sean Kaley	(75)	New York, NY	02.02.2001
7:56.14 *indoor	Marc Olesen	(64)	Toronto, ON	03.12.1993
8:03.55	Chris McGregor	(75)	Richmond, BC	06.12.1999
8:04.88	Murray Link	(77)	Fayetteville, AR	01.27.2001
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

WOMEN

9:08.05	Sarah Dillabaugh	(73)	Dedham, MA	06.27.2000
9:13.93	Tracy Robertson	(77)	Palo Alto, CA	03.25.2000
9:26.34	Jackie Harkes	(63)	Sherbrooke, QU	07.22.1988
9:27.29	Mary Jane Richards	(76)	Kitchener, ON	06.22.1994
9:30.45 *indoor	Nathalie Cote	(73)	Windsor, ON	03.08.1997
9:32.46 *indoor	Tania Jones	(69)	Syracuse, NY	02.05.1995
9:33.54	Danelle Woods	(89)	Boston, MA	02.10.2007
9:33.82	Nancy Norman	(61)	Coquitlam, BC	08.14.1992
9:37.22 *indoor	Julia Hicks	(85)	Lexington, KY	02.24.2007
9:38.09	Dana Buchanan	(84)	Eugene, OR	03.18.2006

5000 Meters

MEN

13:25.16	Sean Kaley	(75)	Victoria, BC	08.11.2000
13:35.86	Steve Agar	(68)	Walnut, CA	05.18.1998
13:38.09	Marc Olesen	(64)	Palo Alto, CA	03.27.1991
13:50.89	Murray Link	(77)	Durham, NC	06.03.2000
13:51.93	Christian Weber	(66)	Brunswick, ME	07.04.1998
13:54.94	Richard Charette	(67)	Boston, MA	06.30.1993
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

WOMEN

15:34.33	Sarah Dillabaugh	(73)	Montreal, QU	07.07.2000
16:08.08	Tracy Robertson	(77)	Walnut, CA	04.20.2001
16:08.53	Tania Jones	(69)	Philadelphia, PA	04.24.1997
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
17:14.82	Daniele Riendeau	(84)	Nashville, TN	04.21.2006
17:15.38	Danelle Woods	(89)	Champagne, IL	05.16.2008
17:43.33	Jill Stapleton	(82)	Ottawa, ON	08.04.2006

10,000 Meters

MEN

28:01.06	Sean Kaley	(75)	Palo Alto, CA	05.06.2000
28:23.78	Chris Weber	(66)	Palo Alto, CA	05.06.2000
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

WOMEN

33:15.35	Lisa Presedo	(65)	Montreal, QU	07.26.1991
36:15.54	Jackie Harkes	(63)	Ottawa, ON	06.03.1987
37:26.66	Lauren Clobridge	(77)	Austin, TX	04.03.1999

Marathon

MEN

2:23.08	Stephane Gamache	(75)	Sacramento, CA	12.03.2000
2:23.30	Andy Jones	(61)	Ottawa, ON	05.10.1992
2:24.14	Bob Slipp	(50)	Ottawa, ON	05.13.1984

2:24.28	Larry McCloskey	(55)	Ottawa, ON	05.13.1984
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

2:39.56	Lisa Presedo	(65)	Toronto, ON	09.09.1990
2:40.09	Tania Jones	(69)	Ottawa, ON	05.14.2000
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
23:43	Rachel Robichaud	(71)	L'Hospitalet, Spain	05.09.1994
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
47:58 r	Rachel Robichaud	(71)	Montreal, QU	06.15.1995

20km - MEN

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

Hurdles

60m Hurdles

MEN

7.70	Charles Allen	(77)	Boston, MA	01.26.2008
7.99	Jeff Glass	(62)	Windsor, ON	02.05.1989
8.16	Cody Sorensen	(86)	Montreal, QU	03.07.2008
8.19	Stuart Pearson	(89)	Ottawa, ON	01.17.2009
8.20	Jermaine Bucknor	(83)	Montreal, QU	12.14.2002
8.21	Tyler Fawcett	(88)	Windsor, ON	03.13.2009
8.37	Shawn Wilcox	(73)	Montreal, QU	01.19.1996
8.48	Patrick Plouffe	(65)	Montreal, QU	02.10.1990
8.52	Sekou Kaba	(90)	Ottawa, ON	02.07.2009
8.53	Steve Yorston	(68)	Sherbrooke, QU	01.20.1990

WOMEN)

8.12		Lesley Tashlin	(69)	Atlanta, GA	03.03.1996
8.45		Leslie Estwick	(60)	Saskatoon, SK	02.16.1991
8.51		Ashley Purnell	(83)	Saskatoon, SK	01.13.2002
8.63		Esther Akinsulie	(84)	Hanover, NH	01.05.2007
8.64		Leanne Wall	(74)	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
8.92		Andrea Bacciochi	(68)	Sherbrooke, QU	01.22.1989
8.94		Kim Rapley	(68)	Montreal, QU	02.11.1989
9.01		Karen Hanna	(64)	Edmonton, AB	03.14.1986

80 Hurdles - WOMEN

11.21	(1.9)	Lesley Tashlin	(69)	Ottawa, ON	06.06.2001
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
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

100m Hurdles - WOMEN (84cm)

12.96	(0.7)	Lesley Tashlin	(69)	Baton Rouge, LA	05.11.1996
13.50	(0.1)	Leslie Estwick	(60)	Ottawa, ON	06.15.1991
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	(1.8)	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
14.26	(-2.2)	Ashlea Maddex	(92)	Toronto, ON	06.26.2009
14.34	(1.5)	Anne LeBel	(79)	Limerick, IRE	08.25.1996

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
14.08	(2.2)	Andrea Bacchiochi	(68)	Ottawa, ON	08.05.1989
14.15	(2.3)	Ashley Purnell	(83)	London, ON	06.20.2001
14.03	(2.5)	Ashlea Maddex	(92)	Charlottetown, PEI	07.19.2009
14.31	(2.3)	Anne LeBel	(79)	Kitchener, ON	08.09.1996
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

100m Hurdles - Youth Girls (76cm)

13.87	(0.1)	Karelle Edwards	(90)	Ottawa ,ON	05.29.2008
13.87	(1.9)	Ashlea Maddex	(92)	Toronto, ON	06.05.2009
14.79	(0.0)	Devyani Biswal	(93)	Hamilton, ON	07.11.2009
15.08	(0.1)	Mila Simulik	(90)	Ottawa, ON	05.29.2008

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
15.60	(0.1)	Shannon Mueller	(90)	Ottawa, ON	05.29.2008

Significant Wind Aided Performances

13.72	(4.8)	Ashlea Maddex	(92)	Sherbrooke, QU	08.08.2009
14.18	nwi	Karelle Edwards	(90)	Belleville, ON	06.01.2007
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
15.68	nwi	Alison Cameron-Vendrig	(89)	Belleville, ON	06.01.2007

110m Hurdles - MEN (106.7cm)

13.57	(2.0)	Charles Allen	(77)	Ottawa, ON	08.05.2006
14.33	(1.9)	Shawn Wilcox	(73)	Kitchener, ON	07.04.1998
14.47	(-0.3)	Stuart Pearson	(89)	Windsor, ON	07.04.2009
14.52	(-1.5)	Jermaine Bucknor	(83)	Sackville, NS	08.09.2003
14.54	(0.3)	Sekou Kaba	(90)	Ottawa, ON	08.14.2008
14.63	(-0.3)	Tyler Fawcett	(88)	Windsor, ON	07.04.2009
14.69	(1.7)	Steve Yorston	(68)	Saskatoon, SK	08.19.1989
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

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

110m Hurdles - Junior Men (99cm)

13.92	(1.3)	Sekou Kaba	(90)	Ottawa, ON	06.21.2008
14.02	(1.6)	Oluwasegun Makinde	(91)	London, ON	06.13.2009
14.15	(-1.0)	Jeff Keays	(78)	Etobicoke, ON	06.06.1997
14.23	(1.1)	Tyler Fawcett	(88)	Ottawa, ON	05.10.2007
14.84	(0.8)	Shawn Wilcox	(73)	Sudbury, ON	05.31.1991
14.49	(-2.6)	Stuart Pearson	(89)	Abbotsford, BC	07.25.2008
14.57	(-0.7)	Jermaine Bucknor	(83)	Saskatoon, SK	07.26.2002
14.89	(1.6)	Bukhosi Mabaleka	(90)	London, ON	06.13.2009
14.90	(0.9)	Cody Sorensen	(86)	Ottawa, ON	06.18.2003
15.53	(-1.1)	Olivier Gauthier-Kwan	(89)	Ottawa, ON	05.24.2008

Significant Wind Aided Performances

13.93	(4.5)	Jeff Keays	(78)	Kitchener, ON	08.09.1996
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
15.78	(7.7)	Chris Edwards	(86)	Ottawa, ON	06.16.2004

110m Hurdles - Youth Boys (91.4 cm) / This event was list record started as of 2008

13.36 *NR	(1.6)	Oluwasegun Makinde	(91)	Toronto, ON	06.05.2009
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13.92	(-1.4)	Sekou Kaba	(90)	Hamilton, ON	06.06.2008
14.06 *dome	-	Stuart Pearson	(89)	Ottawa, ON	04.08.2009
14.11	(Ok)	Tyler Fawcett	(88)	Ottawa, ON	05.29.2007
14.73	(2.0)	Bukhosi Mabaleka	(90)	Brockville, ON	05.29.2009
15.24	(-1.0)	Joe Hare	(90)	Ottawa, ON	05.29.2008
15.27	(1.3)	Spencer Bell	(91)	Ottawa, ON	05.21.2009
15.48	(1.0)	Dylan DeJong	(92)	Ottawa, ON	07.29.2009
15.80	(0.0)	Codie Primeau	(92)	Sherbrooke, QU	08.08.2009
15.97	(0.0)	Ben Clark	(93)	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
15.19	(3.2)	Spencer Bell	(91)	Sherbrooke, QU	08.10.2008

300m Hurdles

MEN

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
39.11 *dome		Tyler Fawcett	(88)	Ottawa, ON	04.28.2006
39.11 *dome		Sekou Kaba	(90)	Ottawa, ON	04.16.2009
39.29 *dome		Stuart Pearson	(89)	Ottawa, ON	04.17.2008

WOMEN

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
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
45.19		Andrea White	(86)	Kitchener, ON	08.03.2003

400m Hurdles

MEN

51.02		Craig Hutton	(64)	Provo, UT	05.24.1990
51.13		Phillip Hughes	(67)	St. John, NB	08.16.1985
51.13		Sasah Cesaratto	(77)	Fullerton, CA	05.21.1999
52.29		Stuart Pearson	(89)	Toronto, ON	06.27.2009
53.01		Tyler Fawcett	(88)	Sherbrooke, QU	06.16.2007
53.36		David McQuinn	(76)	Abostford, BC	07.29.1995
53.73		Colin Timm	(66)	Ottawa, ON	07.28.1988
54.04		Charles Ross	(79)	Dublin, IRE	08.21.1996
54.47		Cameron Smithers	(91)	London, ON	06.14.2009
54.65		Ryan Therrien	(84)	Ottawa, ON	07.15.2001

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

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

WOMEN

56.10	Rosey Edeh	(66)	Provo, UT	06.02.1989
57.11	Isabelle Gervais	(77)	Flagstaff, AZ	07.06.2000
59.69	Chantale Dejardin	(75)	Ottawa, ON	08.05.1992
59.86	Esther Akinsulie	(84)	Ottawa, ON	08.06.2008
60.10	Bailey Lewis	(86)	Saskatoon, SK	07.25.2004
60.48	Ashlea Maddex	(92)	Sherbrooke, QU	08.09.2009
60.61	Andrea White	(86)	Windsor, ON	07.15.2007
60.72	Emilie Halle	(90)	Windsor, ON	07.06.2009
60.80	Ann-Marie Vanneste	(70)	Baton Rouge, LA	04.18.1992
60.80	Julia Tousaw	(89)	Windsor, ON	07.06.2009

1500m Steeplechase

MEN

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

WOMEN

5:11.83	Dana Buchanan	(84)	Ottawa, ON	07.26.2006
:14.55	Danelle Woods	(89)	Ottawa, ON	05.04.2006
5:21.14	Tess Acton	(88)	Downsveiw, 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
5:43.46	Isabelle Kanz	(93)	Timmins, ON	07.26.2009

2000m Steeplechase

MEN

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

WOMEN

6:36.05	Danelle Woods	(89)	Abbotsford, BC	07.29.2007
6:48.10	Dana Buchanan	(84)	Windsor, ON	07.04.2009
7:05.93	Leah Larocque	(89)	Ottawa, ON	08.15.2008
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
7:33.82	Nicole Francki	(91)	Sherbrooke, QU	08.09.2008

3000m Steeplechase

MEN

8:33.65	Alain Boucher	(61)	Sydney, AUS	01.14.1990
8:37.20	Joshua Karanja	(84)	Louisville, KY	05.30.2009
8:37.94	Chris McGregor	(75)	Burnaby, BC	06.06.1999
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

10:13.98	Danelle Woods	(89)	Sao Paulo, Brazil	07.07.2007
10:28.53	Dana Buchanan	(84)	Palo Alto, CA	03.27.2009
10:49.74	Rhonda Sherrer		Columbus, OH	06.01.2003
10:53.58	Catherine Fortin-Major	(81)	Raleigh, NC	04.18.2003
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

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
41.71	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) Dan Barbarie, Lawrence Ringwald, Jermaine Bucknor, Richard Adu-Bobie		Kitchener, ON	08.02.2003

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
42.30	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

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
47.88	Junior Women (National Silver Medalists) Jordan Skeete-Wilson, Ashlea Maddex, Karelle Edwards, Emilie Halle	Abbotsford, BC	07.27.2008
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

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, Lawrence Ringwald, Lyndon George	Kitchener, ON	06.12.1999
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
3:17.15 *indoor	Senior Men Team ??	Ottawa, ON	02.07.2009
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

Women

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
3:50.08	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
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

High Jump

MEN

2.25	Cory Siermachesky	(69)	Burnaby, BC	05.31.1992
2.24	Brian Marshall	(65)	Los Angeles, CA	05.24.1986
2.18	Derek Watkins	(82)	Ottawa, ON	08.09.2006
2.15	German Gamov	(67)	Montreal, QU	07.08.1995
2.10	Ray Seguin	(69)	Downsview, ON	06.18.1994
2.09	Shawn Wilcox	(73)	Ottawa, ON	06.11.1993
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

WOMEN

1.89	Leslie Estwick	(60)	Downsview, ON	06.22.1991
1.83	Alison Armstrong	(61)	Kobe, Japan	09.03.1985
1.75	Julianne McGregor	(72)	Ottawa, ON	07.02.1994
1.73	Jackie Rasenberg	(66)	Etobicoke, ON	06.07.1985
1.73	Kim Rapley	(68)	Coquitlam, BC	08.14.1992
1.70	Ashlea Maddex	(92)	Ottawa, ON	06.28.2008
1.68	Michelle Romance	(79)	Ottawa, ON	06.23.1996
1.66	Karelle Edwards	(90)	North York, ON	08.03.2007
1.65	Nadine Laurin	(76)	Ottawa, ON	07.16.2003
1.65 *indoor	Aaron Mabo	(91)	Ottawa, ON	12.13.2008
1.65	Taylor Whitely	(91)	Toronto, ON	06.06.2009
1.65	Julie Ethier	(93)	Sherbrooke, QU	08.08.2009

Pole Vault

MEN

4.87	Rob Lindsay	(66)	Nassau, Bahamas	08.24.1984
4.60 *indoor	Mark Saikley	(62)	Toronto, ON	02.11.1984
4.45 *indoor	Jeff Outerbridge	(64)	Downsview, ON	03.01.1987
4.40	Graham Cleghorn	(67)	Tillsonburg, ON	06.30.1985
4.40 *dome	Kevin Lake	(69)	Ottawa, ON	02.12.2006
4.30	James Holder	(76)	Windsor, ON	07.13.2007
4.25	Mike Mizerski	(70)	Hamilton, ON	05.30.1987
4.20	Roger Adams	(61)	Downsview, ON	06.16.1985
4.10	Doug Tahirali	(64)	Kitchener, ON	06.03.1983
4.10	Pat Aikeson	(67)	Etobicoke, ON	06.01.1984

WOMEN

4.06	Patricia Gauthier	(85)	Northridge, CA	05.30.2008
3.35	Leslie Estwick	(60)	Flagstaff, AZ	07.04.2000
3.10	Bailey Arnott	(93)	Toronto, ON	06.06.2009
3.05	Julianne McGregor	(72)	Kingston, ON	08.13.1994

Long Jump

MEN

8.01	(1.9)	Glenroy Gilbert	(68)	Ottawa, ON	08.06.1988
7.66	(1.7)	Chris Burgess	(73)	Kingston, ON	06.27.2000
7.63	(1.4)	Brian Chibudu	(87)	Toronto, ON	06.27.2009
7.55	(1.8)	Richard Rock	(57)	Ottawa, ON	08.06.1988
7.53 *indoor	-	Sheridon Baptiste	(64)	Syracuse, NY	02.04.1990
7.32	(1.3)	Seyi Smith	(87)	Saskatoon, SK	07.24.2004
7.15	(1.4)	Olivier Gauthier-Kwan	(89)	London, ON	06.13.2009
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

Significant Wind Aided Performances

8.21	(4.5)	Glenroy Gilbert	(68)	Knoxville, TN	04.13.1991
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

6.27	(1.2)	Leslie Estwick	(60)	Prince George, BC	08.13.1994
6.25	(1.4)	Maureen Doody	(71)	Downsview, ON	06.17.2000
6.00	(1.7)	Lana McInnis	(62)	Etobicoke, ON	07.29.1989
5.88	(0.9)	Alison Armstrong	(61)	Arles, France	05.18.1986
5.86	(-0.9)	Kim Rapley	(68)	Downsview, ON	06.16.1990
5.74	(1.7)	Karelle Edwards	(90)	Ithaca, NY	04.29.2007
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
5.55 *indoor	-	Dayna Barrett	(82)	Downsview, ON	01.28.2001
5.51	(1.1)	Emma Dobson	(91)	Hamilton, ON	06.06.2008

Significant Wind Aided Performances

6.25	(4.6)	Leslie Estwick	(60)	Sherbrooke, QU	08.02.1992
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
5.58	(3.9)	Karelle Edwards	(90)	Sherbrooke, QU	07.21.2006
5.47	(3.2)	Emma Dobson	(91)	Ottawa, ON	06.08.2007
5.42	nwi	Natalie Phillis	(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

Triple Jump

MEN

15.75	(1.6)	Glenroy Gilbert	(68)	Etobicoke, ON	05.14.1988
15.62	*indoor -	Cyril Soga	(65)	Syracuse, NY	12.03.1989
14.80	*indoor -	Jason Goetz	(85)	Windsor, ON	03.12.2009
14.66	(0.5)	Llew Edwards	(65)	Downsview, ON	06.18.1994
14.57	(1.3)	Derek Watkins	(82)	Ottawa, ON	08.06.2006
14.53	(-0.6)	Sean Burges	(72)	Ottawa, ON	06.14.1995
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

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
14.86	(4.4)	Sean Burges	(72)	Winnipeg, MB	07.07.1991
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

12.74	(1.1)	Chantal Ouoba	(75)	Ottawa, ON	08.04.2002
12.14	(0.0)	Constance Campbell	(72)	Flagstaff, AZ	07.08.2000
11.88	(-2.9)	Mila Simulik	(90)	Ottawa, ON	05.29.2008
11.54	(-2.1)	Krista Dillon	(92)	Toronto, ON	06.05.2009
11.50	*indoor -	Dayna Barrett	(82)	Montreal, QU	02.17.2001
11.48	(-1.8)	Emma Dobson	(91)	Toronto, ON	06.05.2009
11.43	(1.0)	Bev Charron	(70)	Coquitlam, BC	07.30.1993
11.39	(0.0)	Divyajyoti Biswall	(93)	Sherbrooke, QU	08.09.2009
11.29	(1.5)	Patricia Gauthier	(85)	Irvine, CA	05.04.2008
11.18	(0.5)	Charmaine Wilson	(73)	Winnipeg, MB	07.07.1991

Significant Wind Aided Performances

12.06	(2.3)	Constance Campbell	(72)	Buffalo, NY	05.06.2000
11.98	(2.9)	Charmaine Wilson	(73)	Sudbury, ON	05.31.1991
11.91	(2.6)	Mila Simulik	(90)	London, ON	06.14.2009
11.69	nwi	Krista Dillon	(92)	Ottawa, ON	05.07.2009
11.58	nwi	Emma Dobson	(91)	Charlottetown, PEI	07.19.2009

Shot Put

MEN

18.05	*indoor	Brian MacPhee	(81)	Blacksburg, VA	03.06.2004
16.50	*indoor	Greg Huebner	(77)	Windsor, ON	02.24.2001
15.90		Greg Jack	(75)	Ottawa, ON	07.02.1994
15.66		Mike Reichert	(71)	Ottawa, ON	08.06.1989
15.61		Brennan Jack	(81)	Ottawa, ON	07.04.2001
15.33	*indoor	Tim Nedow	(90)	Houston, TX	02.20.2009
15.04	*indoor	James Fahie	(69)	Ithaca, NY	01.21.1989
14.95		Christopher Kelly	(72)	Ottawa, ON	07.19.1989

14.79	Doug Currier	(67)	Downsview, ON	07.16.1988
14.51	Dan Green	(68)	Sarnia, ON	08.06.1999

MEN - JUNIOR (6.0kg)

19.00	Tim Nedow	(90)	Port of Spain, TRI	08.01.2009
14.84	Patrick Arbour	(88)	Ottawa, ON	07.07.2007
14.33	Ben Engel	(89)	Ottawa, ON	07.18.2007
13.59	Corey Wingate	(91)	London, ON	06.14.2009
13.30	Patrick Hotte	(91)	Ottawa, ON	07.22.2009

MEN - High School (12lb)

18.35	MacPhee, Brian	(81)	Windsor, ON	06.03.2000
17.96	Tim Nedow	(90)	Belleville, ON	06.01.2007
17.65	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

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
15.44	Corey Wingate	(91)	Sherbrooke, QU	08.09.2008
15.38	Wingate		Kitchener, ON	07.19.2008

WOMEN

15.83 *indoor	Cathy Griffin	(69)	Cambridge, MA	01.23.1993
15.82	Sultana Frizell	(84)	Ottawa, ON	06.17.2006
15.62	Melody Torcolacci	(60)	Gateshead, England	06.29.1990
15.54	Caroline Larose	(78)	Victoria, BC	07.18.2003
14.66	Judy Gitzi	(67)	Albany, NY	04.11.1987
14.52	Marie-Josée Le Jour	(79)	Sherbrooke, QU	07.27.2007
13.60 *indoor	Dominique Bilodeau	(79)	Ottawa, ON	02.03.2007
13.44 *indoor	Caitlin vanDodewaard	(89)	Charlotte, NC	01.30.2009
13.38	Dominique Thibault	(87)	Windsor, ON	07.05.2008
13.23 *indoor	Alison Armstrong	(61)	Amarillo, TX	02.13.1986

Discus

MEN (2 Kg)

50.34	Steve Lambrose			1977
49.79	Tim Nedow	(90)	Tulsa, OK	05.15.2009
49.52	Michael Reichert	(71)	Etobicoke, ON	07.21.1990
48.86	Brian MacPhee	(81)	Philadelphia, PA	04.27.2001
48.37	Dan Green	(68)	Ottawa, ON	07.25.2001
47.48	Greg Heubner	(77)	Kitchener, ON	08.05.1995
46.48	Jeff Gillan	(68)	Richmond, BC	07.11.1987
46.07	Patrick Arbour	(88)	Charlottetown, PEI	08.25.2009
45.40	Greg Jack	(75)	Ottawa, ON	07.02.1994
44.97	Teo Schwartzentrube	(83)	Ottawa, ON	06.06.2001

MEN - Junior (1.75 Kg)

54.51	Tim Nedow	(90)	Ottawa, ON	07.15.2009
47.98	Patrick Arbour	(88)	Ottawa, ON	07.07.2007
42.61	Ben Engel	(89)	Ottawa, ON	06.29.2007
42.40	Corey Wingate	(91)	London, ON	06.14.2009
42.31	Taylor Corney	(91)	Charlottetown, PEI	07.18.2009

WOMEN

56.86	Cathy Griffin	(69)	Winnipeg, MB	06.11.1993
54.34	Marie-Josée Le Jour	(79)	London, ON	07.08.2007
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
43.81	Caitlin vanDodewaard	(89)	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

Hammer

MEN

65.34	James Fahie	(68)	Montreal, QU	07.13.1995
57.36	Boris Zaitchouck	(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

WOMEN

72.07	National Record	Sultana Frizell	(84)	Eugene, OR	06.07.2009
57.54		Ruth Conlon	(76)	Havana, CUB	05.27.2001
55.44		Cathy Griffin	(69)	Cambridge, MA	04.18.1992
55.34		Marie Josee Le Jour	(79)	North York, ON	08.03.2007
42.30		Judy Gitzi	(67)	Philadelphia, PA	04.18.1987
40.84		Eilish MacDonald	(94)	Ottawa, ON	07.08.2009
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

MEN)

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
68.30		Matt Murdock	(82)	Etobicoke, ON	06.02.2001
67.68		Jason Spalding	(73)	Downsview, ON	06.18.1994
67.30		Peter Cheesbrough	(81)	Canton, NY	08.04.2000
66.82		Eric Gagnon	(68)	Winnipeg, MB	05.26.1990
63.66	*old spec	Dan Disipio	(65)	Etobicoke, ON	06.01.1984
63.61		Patrick Arbour	(88)	Windsor, ON	07.06.2009

62.34	Barry Darling	(58)	Montreal, QU	05.21.1988
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WOMEN

* 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
57.64	Cheryl Coker	(65)	Charlotte, VA	04.18.1992
55.65 *	Sue Gibson	(56)	?	1980
55.14 *	Lorri Larowe	(60)	Rabat, Morocco	07.13.1989
53.63	Dominique Bilodeau	(79)	Winnipeg, MB	07.15.2005
49.16	Sandy Taylor	(72)	Abbotsford, BC	07.18.1997
48.90	Caroline Larose	(78)	Eugene, OR	04.24.2004
46.58	Sultana Frizell	(84)	Atlanta, GA	04.03.2004
45.90	Sylvia Gould	(66)		1987
44.21	Sara Collins	(87)	Ottawa, ON	05.28.2005

Indoor Weight Throw

MEN - 35 lbs.

19.62	James Fahie	(69)	Princeton, NY	03.07.1992
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
18.04	Marie-Josée Le Jour	(79)	Ottawa, ON	02.24.2007
17.17	Cathy Griffin	(69)	Cambridge, MA	01.23.1993
14.23	Caroline Larose	(78)	Montreal, QU	02.09.2002
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	
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	
5023 points		Veronique Fortin	(78)	Windsor, ON	07.12-13.2007
				15.00 (-0.1), 1.59, 11.65, 26.14(-0.7), 5.19 (-0.1), 40.29, 2:25.60	
4960 points		Kim Rapley	(68)	Sherbrooke, QU	08.01-02.1992
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	
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	
4309 points		Sharon Spear	(78)	Sudbury, ON	07.20-21.1996
4073 points		Anne LeBel	(79)	Sherbrooke, QU	06.16-17.1995
				15.74, 1.45, 8.23, 25.8, (???) , 16.64, 2:23.08	
4028 points		Chantale Dejardin	(75)	Ottawa, ON	06.29-30.1994
4023 points		Michele Krech	(86)	London, ON	06.13-14.2009

Decathlon - Men

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, 15.60 (-1.5), 35.66, 4.30, 43.60, 4:37.37			
6764	Taylor Corney	(91)	Port Of Spain, TRI	08.1-2.2009
* Junior implements & hurdles	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			
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			
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
6189 points	Patrick Arbour	(88)	Charlottetown, PEI	08.25-26.2009
	12.12 (-0.1), 6.17 (-0.1), 13.00, 1.79, 54.35 / 16.27 (0.9), 41.47, 3.60, 56.05, 5:21.69			
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			

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. 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 Body (Athletics Canada) and our organization also lost much of it's data and records via computer damage and a lack of hard copy records for so many of our Twilight Meets where many would have recorded outstanding results during most of the summer months. 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 it's 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 it's 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 sports history. We would never know just how our efforts of the day ***“withstand the test of time”***