

Ottawa Lions Track & Field Club

All - Time Top TEN

(As of December 29th, 2007)

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
6.77	Sheridon Baptiste	(64)	Windsor, ON	02.20.1988
6.81	Alamou Souhalia	(79)	Montreal, QU	02.19.2005
6.83	Oluseyi Smith	(87)	Sheffield, ENG	03.10.2007
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
6.94	Chris Donoghue	(81)	Montreal, QU	02.05.2000

WOMEN

7.50	Ashley Purnell	(83)	New York, NY	03.10.2002
7.68	Leanne Wall	(73)	Edmonton, AB	03.12.1994
7.69	Lesley Tashlin	(69)	?	1994
7.72	Esther Akinsulie	(84)	Montreal, QU	02.19.2005
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
7.84	Roslyn McGilvery	(76)	Downsview, ON	02.13.1993

100 Meters

MEN

10.10	(1.5)	Glenroy Gilbert	(68)	Victoria, BC	08.22.1994
10.27	(1.5)	Michael Nicolini	(78)	Montreal, QU	08.01.1998
10.28	(1.5)	Richard Adu-Bobie	(85)	Victoria, BC	07.10.2004
10.37	(1.4)	Ricardo Greenidge	(71)	Victoria, BC	07.29.1994
10.39	(0.4)	Charles Allen	(77)	Ottawa, ON	08.04.2006
10.42	(1.8)	Sheridon Baptiste	(64)	Ottawa, ON	06.30.1994
10.50	(2.0)	Daniel Barbarie	(82)	Ottawa, ON	06.16.2004
10.54	(1.3)	Oluseyi Smith	(87)	Beijing, CHN	06.15.2006
10.56	(0.2)	Curtis Fraser	(82)	Downsview, ON	06.14.2003
10.65	(1.5)	Quinton Carew	(80)	New Haven, CT	05.03.2003

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

Women

11.54	(0.8)	Ashley Purnell	(83)	Belleville, ON	06.07.2002
11.69	(1.7)	Esther Akinsulie	(84)	Ottawa, ON	08.15.2007
11.75	?	Holly Denny		?	1975
12.01	(0.2)	Lesley Tashlin	(69)	Ottawa, ON	06.02.1999
12.06	(1.3)	Leanne Wall	(73)	Ottawa, ON	07.02.1993
11.89	(2.0)	Maureen Doody	(71)	Montreal, QU	06.09.2000
12.23	(1.5)	Catherine Lalonde	(89)	Ottawa, ON	06.08.2007
12.26	(0.0)	Christiane Lela	(88)	St. Laurent, QU	06.09.2007
12.31	(-1.2)	Lora Lariviere	(65)	Windsor, ON	06.25.1983
12.39	(0.8)	Miranda Kirby	(68)	Montreal, QU	06.04.1988

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
12.17	nwi	Catherine Lalonde	(89)	Brockville, ON	05.24.2007

150 Meters

MEN

15.67		Glenroy Gilbert	(68)	Ottawa, ON	06.10.1998
15.88		Richard Adu-Bobie	(85)	Ottawa, ON	07.06.2005
16.28 *dome		Daniel Barbarie	(82)	Ottawa, ON	12.19.2005
16.30 *dome		Ryan Therrien	(83)	Ottawa, ON	03.12.2006
16.44 *dome		Michael Robertson	(89)	Ottawa, ON	01.27.2007
16.45 *dome		Christian Deslume	(90)	Ottawa, ON	12.15.2007
16.46 *dome		Todd Pyper	(86)	Ottawa, ON	01.13.2007
16.60 *dome		Oluwasegun Makinde	(91)	Ottawa, ON	01.27.2007
16.71		Dan Kotylak	(82)	Ottawa, ON	08.04.2004
16.72		Dominic Esposito	(79)	Ottawa, ON	08.01.2001

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
18.75		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
19.08		Alicia Brown	(90)	Ottawa, ON	06.27.2007
19.12		Emilie Halle	(90)	Ottawa, ON	06.27.2007
19.14		Catherine Lajeunesse	(90)	Ottawa, ON	06.27.2007

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
20.93	(-0.9)	Richard Adu-Bobie	(85)	Windsor, ON	07.15.2007
21.30	(-0.7)	Lyndon George	(65)	Flagstaff, AZ	07.19.1999
21.35	(1.2)	Curtis Fraser	(82)	Edmonton, AB	06.23.2002
21.42	(2.0)	Daniel Barbarie	(82)	Ottawa, ON	06.09.2004
21.49	(0.7)	Sheridon Baptiste	(64)	Kitchener, ON	06.25.1995
21.41	(0.7)	Oluseyi Smith	(87)	Bedford, GBR	05.07.2007
21.51	(1.0)	Lawrence Ringwald	(76)	Claremont, CA	04.20.2001

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

WOMEN

23.28	(1.5)	Ashley Purnell	(83)	Kingston, JAM	07.18.2002
23.56	(-1.3)	Esther Akinsulie	(84)	Windsor, ON	07.15.2007
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
24.93	(1.8)	Julia Carew	(85)	St. Catherines, ON	06.07.2003
24.96	(0.0)	Lauren Seibel	(82)	Richmond, BC	06.03.2007

Significant Wind Aided Performances

23.31	(2.9)	Ashley Purnell	(83)	Edmonton, AB	06.23.2002
23.68	(2.4)	Esther Akinsulie	(84)	Winnipeg, MB	07.17.2005
24.28	(6.4)	Isabelle Gervais	(77)	Flagstaff, AZ	07.03.2000
24.72	(3.8)	Catherine Lalonde	(89)	Belleville, ON	06.01.2007

300 Meters

MEN)

34.00 *dome		Todd Pyper	(87)	Ottawa, ON	01.28.2006
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
34.37 *dome		Michael Robertson	(89)	Ottawa, ON	12.16.2006
34.56 *indoor		Daniel Barbarie	(82)	South Bend, IN	02.04.2005
34.61 *indoor		Ryan Therrien	(83)	Montreal, QU	12.15.2001
34.82		Dan Kotylak	(82)	Ottawa, ON	07.01.2004
34.88		Juan Abreu	(72)	Ottawa, ON	07.09.2003
35.17 *indoor		Ken LeBlanc	(68)	Sherbrooke, QU	02.09.1986

WOMEN

37.96		Esther Akinsulie	(84)	Ottawa, ON	08.03.2005
38.82		Isabelle Gervais	(77)	Ottawa, On	07.25.2001

39.65	Christiane Lela	(88)	Ottawa, ON	08.16.2006
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
40.34 *indoor	Leanne Wall	(73)	Downsview, ON	03.09.1993
40.99	Amanda Vincent	(73)	Ottawa, ON	07.03.1996
41.45 *indoor	Andrea White	(86)	Montreal, QU	01.28.2006

400 Meters

MEN)

46.77	Lyndon George	(65)	Flagstaff, AZ	07.17.1999
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
47.64	Michael Robertson	(89)	Abbotsford, BC	07.27.2007
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

51.72	Esther Akinsulie	(84)	San Luis, MEX	05.17.2007
53.37 *indoor	Rosey Edeh	(66)	Dallas, TX	02.16.1990
53.57 *indoor	Ashley Purnell	(83)	Seattle, WA	03.05.2005
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
54.84	Lauren Seibel	(82)	Gainesville, FL	04.06.2007
55.55	Christiane Lela	(88)	Abbotsford, BC	07.28.2007
55.94	Chantale Dejardin	(75)	Ottawa, ON	06.11.1993
56.30	Melissa Bishop	(88)	Ottawa, ON	05.28.2005

600 Meters

MEN

1:18.02 *indoor	Richard Brant	(67)	Sherbrooke QU	01.24.1988
1:19.40 *indoor	Craig Hutton	(64)	Sherbrooke, QU	02.24.1990
1:19.47 *indoor	Phillip Hughes	(67)	Sherbrooke, QU	02.24.1990
1:19:59 *dome	Brian Cummings	(86)	Ottawa, ON	01.27.2007
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
1:20.73 *dome	Michael Robertson	(89)	Ottawa, ON	11.25.2006

WOMEN

1:31.08 *indoor	Grace Verbeek	(58)	Sherbrooke, QU	02.01.1987
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

1:33.29	Kelly Young	(84)	Ottawa, ON	08.08.2007
1:33.42	Esther Akinsulie	(84)	Ottawa, ON	07.26.2006
1:33.97	Jenni Biewald	(88)	Ottawa, ON	07.26.2006
1:34.08 *indoor	Lauren Aldwinkle	(73)	Windsor, ON	03.05.1994
1:33.86	Dana Buchanan	(84)	Ottawa, ON	07.09.2003
1:34.66	Sarah Dillabaugh	(73)	Ottawa, ON	08.01.2001

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)	?	1998
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
2:09.54	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
2:10.11	Kelly Young	(84)	Windsor, ON	07.12.2007
2:10.51	Melissa Bishop	(88)	Ottawa, ON	07.18.2007

1000 Meters

MEN

2:23.64	Michael Woods	(86)	Ottawa, ON	07.26.2006
2:25.13 *indoor	Kent Thexton	(63)	Sherbrooke, QU	03.10.1984
2:25.34 *indoor	Kevin Waller	(64)	Montreal, QU	01.21.1984
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
2:29.16 *indoor	Glen Ellito	(62)	Toronto, ON	03.02.1985
2:30.61 *indoor	Sean McAlpine	(73)	Downsview, ON	02.26.1993

WOMEN

2:45.28	Anna Gunasekera	(71)	Ottawa, ON	07.24.1996
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
2:48.46 *indoor	Nathalie Cote	(73)	Windsor, ON	03.13.1998
2:48.69	Jennie Biewald	(88)	Ottawa, ON	06.21.2006

2:48.71 *indoor	Lauren Aldwinkle	(73)	Edmonton, AB	03.12.1994
2:48.96	Kelly Young	(84)	Ottawa, ON	08.08.2007
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
4:22.89	Katie Engel	(87)	San Diego, CA	04.28.2007
4:23.88	Dana Buchanan	(84)	Palo Alto, CA	03.31.2006
4:24.27	Tania Jones	(69)	Ottawa, ON	06.21.1995
4:25.37	Danelle Woods	(89)	Ottawa, ON	06.29.2007
4:26.01	Jennie Biewald	(88)	Sherbrooke, QU	07.21.2006

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)	Rovertto, 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
14:17.37 *indoor	Josh Karanja	(84)	South Bend, IN	02.04.2006

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
17:43.33	Jill Stapleton	(82)	Ottawa, ON	08.04.2006

17:52.86 Rhonda Sherrer (80) Arlington, TX 05.12.2002

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
32:42.58	Kevin Lee	(73)	Kingston, ON	07.15.1994

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	09.09.90
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

7.75	Charles Allen	(77)	Montreal, QU	02.18.2006
7.99	Jeff Glass	(62)	Windsor, ON	02.05.1989
8.20	Jermaine Bucknor	(83)	Montreal, QU	12.14.2002
8.37	Shawn Wilcox	(73)	Montreal, QU	01.19.1996
8.48	Patrick Plouffe	(65)	Montreal, QU	02.10.1990
8.53	Steve Yorston	(68)	Sherbrooke, QU	01.20.1990
8.59	Tyler Fawcett	(88)	Hanover, NH	01.05.2007
8.68	Warren Walrond	(70)	Windsor, ON	03.04.1994

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
8.92	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
9.06	Anne LeBel	(79)	Montreal, QU	01.17.1997

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
11.98	(-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

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
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
14.63	(-1.8)	Karelle Edwards	(90)	Abbotsford, BC	07.27.2007

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

100m Hurdles - Youth Girls (76cm)

14.19	(0.4)	Karelle Edwards	(90)	Ottawa, ON	06.22.2007
15.19	(-0.7)	Jackie Lesway	(89)	Ottawa, ON	06.08.2007
15.49	(0.3)	Emilie Halle	(90)	Ottawa, ON	05.10.2007

Significant Wind Aided Performances

14.18	nwi	Karelle Edwards	(90)	Belleville, ON	06.01.2007
14.90	nwi	Jackie Lesway	(89)	Belleville, ON	06.01.2007
15.68	nwi	Alison Cameron-Vendrig	(89)	Belleville, ON	06.01.2007

110m Hurdles - MEN (107cm)

13.57	(2.0)	Charles Allen	(77)	Ottawa, ON	08.05.2006
14.33	(1.9)	Shawn Wilcox	(73)	Kitchener, ON	07.04.1998
14.52	(-1.5)	Jermaine Bucknor	(83)	Sackville, NS	08.09.2003
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
15.46	(1.8)	Warren Walrond	(70)	Ottawa, ON	07.02.1994
15.58	(1.1)	Cody Sorensen	(86)	Ottawa, ON	07.02.2006
15.60	(-1.5)	James Holder	(76)	Windsor, ON	07.13.2007

110m Hurdles - Junior Men (99cm)

14.15	(-1.0)	Jeff Keays	(78)	Etobicoke, ON	06.06.1997
14.23	(1.1)	Tyler Fawcett	(88)	Ottawa, ON	05.10.2007
14.57	(-0.7)	Jermaine Bucknor	(83)	Saskatoon, SK	07.26.2002
14.84	(0.8)	Shawn Wilcox	(73)	Sudbury, ON	05.31.1991
14.90	(0.9)	Cody Sorensen	(86)	Ottawa, ON	06.18.2003
15.03	(-0.2)	Stuart Pearson	(89)	Abbotsford, BC	07.27.2007
15.54	(1.0)	Antoine Despres-Bedward	(87)	Ottawa, ON	07.17.2004

Significant Wind Aided Performances

13.93	(4.5)	Jeff Keays	(78)	Kitchener, ON	08.09.1996
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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
39.33	Trevor Doucette	(89)	Windsor, ON	07.29.2006
39.69	Llew Edwards	(65)	Ottawa, ON	06.20.1990

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
44.42	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
45.36	Emilie Halle	(90)	North York, ON	08.03.2007

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
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
54.65	Ryan Therrien	(84)	Ottawa, ON	07.15.2001
55.01	Stuart Pearson	(89)	Ottawa, ON	06.08.2007
55.46	Jeff Keays	(78)	Kitchener, ON	07.22.1995

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
60.10	Bailey Lewis	(86)	Saskatoon, SK	07.25.2004
60.61	Andrea White	(86)	Windsor, ON	07.15.2007
60.80	Ann-Marie Vanneste	(70)	Baton Rouge, LA	04.18.1992
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

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
5:14.55	Danelle Woods	(89)	Ottawa, ON	05.04.2006
5:21.14	Tess Acton	(88)	Downsveiv, ON	08.07.2005
5:25.94	Robin McRobbie	(81)	Honolulu, HI	03.06.2004
5:27.21	Ashley Hill	(85)	Ottawa, ON	07.29.2001

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
6:56.08	Dana Buchanan	(84)	Regina, SK	08.18.2005
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

3000m Steeplechase

MEN

8:33.65	Alain Boucher	(61)	Sydney, AUS	01.14.1990
8:37.94	Chris McGregor	(75)	Burnaby, BC	06.06.1999
8:44.83	Joshua Karanja	(84)	Columbus, OH	05.26.2007
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
10:33.77	Dana Buchanan	(84)	Eugene, OR	04.08.2006
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

4 x 100m

Men

41.08	Junior Men (National Jr Champions) Antoine Despres-Bedward, Oluseyi Smith Michael Robertson, Jordan Alexis	Sherbrooke, QU	07.23.06
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
42.30	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
42.65	Junior Men (Ontario Champions) Tony Risling, Oluwasegun Makinde, Adrian Huynh, Ramon Monsour	Ottawa, ON	06.29.2007

Women

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
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)		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	Ottawa, ON	06.13.2001

3:15.24	Ryan Therrien, Dominic Esposito, Lawrence Ringwald, Lyndon George Senior Men	Kitchener, ON	06.12.1999
3:16.01	Juan Abreu, Eric Daw, Lawrence Ringwald, Lyndon George Junior Men (National Champions)	Burnaby, BC	07.14.1985
3:16.28	Colin Timm, Paul Peters Ken Leblanc, Phillip Hughes Junior Men (National Champions)	Sherbrooke, QU	07.23.2006
3:17.46	Tyler Fawcett (50.6), Daniel Moreland (48.7), Todd Pyper (47.8), Michael Robertson (48.9) Junior Men (National Champions)	Montreal, QU	07.08.2005
3:17.66	Todd Pyper, Antoine Despres-Bedward Brian Cummings, Brent Savard Senior Men	Ottawa, ON	08.09.1995
3:17.75	Lawrence Williams, Richard Charette Lyndon George, Winston Banks Junior Men (National Jr Champions)	Abbotsford, BC	07.29.2007
3:18.95	Tyler Fawcett, Michael Robertson, Michael Prime, Reda Benazzouz Junior Men (National Champions)	St. John, NB	06.29.1986

Women

3:49.47	Junior Women (National Jr Champions) Emilie Halle (58.2), Christiane Lela (55.0), Catherine Lalonde (59.3), Melissa Bishop (56.9)	Abbotsford, BC	07.29.2007
3:50.81	Junior Women (National Champions) Melissa Bishop, Andrea White, Jaclyn Shields, Bailey Lewis	Saskatoon, SK	07.25.2004
3:52.39	Senior Women (Ontario Champions) Andrea White, Esther Akinsulie, Kelly Young, Lauren Seibel	Ottawa, ON	07.01.2007
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
3:57.50	Junior Women (Ontario Champions) Emilie Halle, Christiane Lela, Fiona Calender, Alicia Brown	Ottawa, ON	07.01.2007

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
1.68		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
1.64		Ashlea Maddex	(92)	Belleville, ON	06.01.2007
1.62		Melissa Milburn	(78)	Ottawa, ON	05.19.1993

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 Aikesson	(67)	Etobicoke, ON	06.01.1984

WOMEN

3.96		Patricia Gauthier	(85)	Honolulu, HI	05.06.2006
3.35		Leslie Estwick	(60)	Flagstaff, AZ	07.04.2000
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
7.55	(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)	Oluseyi Smith	(87)	Saskatoon, SK	07.24.2004
7.03 *indoor	-	Cyril Soga	(65)	Syracuse, NY	02.06.1993
7.01	(0.1)	Brian Derby	(73)	Ottawa, ON	07.20.1994
6.92	(0.1)	Shawn Wilcox	(73)	Ottawa, ON	08.09.1995
6.83	(0.8)	Michael Nicolini	(78)	Kitchener, ON	08.05.1995
6.70	(1.9)	Olivier Gauthier-Kwan	(89)	Ottawa, ON	06.08.2007

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		Gastehhead, England	06.29.1990

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
5.42	(1.8)	Emma Dobson	(91)	Ottawa, ON	06.08.2007

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
6.17	(6.6)	Estwick		Downsview, ON	06.03.1990
6.10	(4.1)	Lana McInnis	(62)	Sherbrooke, QU	06.16.1989

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
14.66	(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
13.45	(0.6)	Derek Watkins	(82)	Kitchener, ON	08.03.2003

Significant Wind Aided Performances

15.72	(6.4)	Cyril Soga	(65)	Downsview, ON	06.03.1990
14.86	(4.4)	Sean Burges	(72)	Winnipeg, MB	07.07.1991

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
11.50 *indoor	-	Dayna Barrett	(82)	Montreal, QU	02.17.2001
11.43	(1.0)	Bev Charron	(70)	Coquitlam, BC	07.30.1993
11.43	(0.2)	Emma Dobson	(91)	Abbotsford, BC	07.25.2007
11.18	(0.5)	Charmaine Wilson	(73)	Winnipeg, MB	07.07.1991
11.18	(-0.6)	Mila Simulik	(90)	Ottawa, ON	06.08.2007
10.91 *indoor		Sarah Michaud	(66)	Syracuse, NY	02.06.1993
10.70	(2.0)	Josephine Sindani	(90)	Ottawa, ON	07.07.2007
10.67	(1.9)	Adrienne Coddett	(67)	Sherbrooke, QU	08.02.1992

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

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
15.04 *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
14.20	*indoor	Paul Charkavi	(66)	Ottawa, ON	03.09.1983

MEN - JUNIOR (6.0kg)

17.40	6kg	Tim Nedow	(90)	Abbotsford, BC	07.28.2007
14.84	6kg	Patrick Arbour	(88)	Ottawa, ON	07.07.2007
14.33	6kg	Ben Engel	(89)	Ottawa, ON	07.18.2007

MEN - High School (12lb)

18.35	12lb	MacPhee, Brian	(81)	Windsor, ON	06.03.2000
17.96	12lb	Tim Nedow	(90)	Belleville, ON	06.01.2007
17.65	12lb	Heubner, Greg	(77)	Etobicoke, ON	06.06.1997
17.53	12lb	Reichert, Mike	(71)	Sudbury, ON	06.01.1991
17.38	12lb	Jack, Brennan	(81)	Windsor, ON	06.03.2000
17.25	12lb	Currier, Doug	(67)	Ottawa, ON	06.07.1986
16.87	12lb	Murdock, Matthew	(82)	Etobicoke, ON	06.02.2001
16.39	12lb	Jack, Greg	(75)	Downsview, ON	06.02.1993
15.99	12lb	Patrick Arbour	(88)	Ottawa, ON	05.18.2007
15.95	12lb	David Droeske	(88)	Belleville, ON	06.01.2007

MEN - YOUTH (5.0kg)

19.41		Tim Nedow	(90)	Toronto, ON	08.05.2007
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WOMEN (Threshold Ranking 11.50)

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
13.23	*indoor	Alison Armstrong	(61)	Amarillo, TX	02.13.1986
13.20		Dominique Thibault	(87)	Ottawa, ON	06.13.2007
12.94		Caitlin VanDoedewaard	(89)	Ithaca, NY	04.29.2007

Discus

MEN (2 Kg)

50.34		Steve Lambrose			1977
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
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

MEN - Junior (1.75 Kg)

48.51		Tim Nedow	(90)	Abbotsford, BC	07.28.2007
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47.98	Patrick Arbour	(88)	Ottawa, ON	07.07.2007
42.61	Ben Engel	(89)	Ottawa, ON	06.29.2007

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
43.28	Judy Gitzi	(67)	Budapest, Hungary	08.29.1985
42.82	Sylvia Gould	(66)		1987
41.92	Caroline Larose	(78)	Sarnia, ON	08.07.1999
42.41	Caitlin VanDodewaard	(89)	Ottawa, ON	06.08.2007
39.60	Chantal Soucy	(69)	Downsview, ON	07.16.1988

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 (Threshold Ranking 30.00)

67.92	Sultana Frizell	(84)	Lethbridge, SK	05.20.2007
57.54	Ruth Conlon	(76)	Havana, CUB	05.27.2001
55.44	Cathy Griffin	(69)	Cambridge, MA	04.18.1992
55.34	Marie-Josée Le Jour	(79)	North York, ON	08.03.2007
42.30	Judy Gitzi	(67)	Philadelphia, PA	04.18.1987
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

74.64 *old spec	John Yorga		Tillsonburg, ON	08.10.1979
73.12 *old spec	Ian Kayser	(60)	Clemson, SC	04.22.1983
69.12	Hugh Wilson	(61)	Burnaby, BC	06.10.1989
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
62.34	Barry Darling	(58)	Montreal, QU	05.21.1988
61.50	Greg Jack	(75)	Winston-Salem, NC	04.21.1995

85.52 *old spec Barry Darling (58) Brisbane, AUS 10.???.1982 (* Pending Verification if a Club Member)

WOMEN

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

* Further specification changes made effective 1999 (April 1) ... but viewed not to effect ratings or rankings
(Threshold Ranking 35.00)

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

35 lbs. MEN

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

20 lbs. WOMEN

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

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	
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) (2989), 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
3901 points		Patricia Gauthier	(85)	Saskatoon, SK	07.04-05.2003

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 (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 (3189) / 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
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" or any data is missing on a performance list, it is because the performance specifics have not been finalized and we are looking for further validation. To be valid, all information of a performance must be listed.

International Teams, Champions & Medalist Lists

If a national or provincial "championship category" is not listed for a particular year, this indicates the materials for those championship have been researched and no medals were awarded to club members. As a result, the championships category has been removed for that particular year. If materials for a championship category have not yet been found, the category will still remain on the list with a "question mark" for that year.

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 / Bob Staveley - Head Coach, have been listed to the best of our knowledge applying existing records, national / provincial rankings and annual coaching reports.

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 and service to our sport from coast to coast.

It is our intent to recognize and 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
(October 2006)

Without this historical form of objective measurement ... we would never know our impact on this small but relative part of Ottawa's Sport History. We would never know how we "*measured up*".

Now you know!