

Ottawa Lions Track & Field Club

Records

(As of November 28, 2007)

60 Meters

MEN	6.64	Michael Nicolini	(78)	Sherbrooke, QU	02.27.1999
WOMEN	7.50	Ashley Purnell	(83)	New York, NY	03.10.2002

100 Meters

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

150 Meters

MEN	15.67	Glenroy Gilbert	(68)	Ottawa, ON	06.10.1998
WOMEN	17.86	*dome Esther Akinsulie	(84)	Ottawa, ON	12.02.2005

200 Meters

MEN	20.37	(0.7)	Glenroy Gilbert	(68)	New Orleans, LA	06.02.1993
WOMEN	23.28	(1.5)	Ashley Purnell	(83)	Kingston, JAM	07.18.2002

300 Meters

MEN	34.00	*dome	Todd Pyper	(87)	Ottawa, ON	01.28.2006
WOMEN	37.96		Esther Akinsulie	(84)	Ottawa, ON	08.03.2005

400 Meters

MEN	46.77	Lyndon George	(65)	Flagstaff, AZ	07.17.1999
WOMEN	51.72	Esther Akinsulie	(84)	San Luis, MEX	05.17.2007

600 Meters

MEN	1:18.02	*indoor	Richard Brant	(67)	Sherbrooke QU	01.24.1988
WOMEN	1:31.08	*indoor	Grace Verbeek	(58)	Sherbrooke, QU	02.01.1987

800 Meters

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

1000 Meters

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

1500 Meters

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

Mile					
MEN	3:57.37	Steve Agar	(68)	Portland, OR	05.11.1997
WOMEN	4:37.??	Nathalie Cote	(73)	Falmouth, ME	? . ? . 1997
3000 Meters					
MEN	7:48.33	Steve Agar	(68)	Roverto, Italy	08.25.1998
WOMEN	9:08.05	Sarah Dillabaugh	(73)	Dedham, MA	06.27.2000
5000 Meters					
MEN	13:25.16	Sean Kaley	(75)	Victoria, BC	08.11.2000
WOMEN	15:34.33	Sarah Dillabaugh	(73)	Montreal, QU	07.07.2000
10,000 Meters					
MEN	28:01.06	Sean Kaley	(75)	Palo Alto, CA	05.06.2000
WOMEN	33:15.35	Lisa Presedo	(65)	Montreal, QU	07.26.1991
Marathon					
MEN	2:23.08	Stephane Gamache	(75)	Sacramento, CA	12.03.2000
WOMEN	2:39.56	Lisa Presedo	(65)	Toronto, ON	09.09.90
5000m - Walk					
WOMEN	22:01.09	Ann Peel	(60)	Zagreb, YUG	07.17.1987
MEN	22:22.10	Dan Broderick	(64)	Downsview, ON	03.19.1983
10,000m - Walk					
WOMEN	45:06 r	Ann Peel	(60)	New York, NY	05.03.1987
20km - Walk					
MEN	1:40.37.4	Jeff Cassin	(68)	Coquitlam, BC	08.14.1992
60m Hurdles					
MEN	7.75	Charles Allen	(77)	Montreal, QU	02.18.2006
WOMEN	8.12	Lesley Tashlin	(69)	Atlanta, GA	03.03.1996
100m Hurdles					
WOMEN	12.96 (0.7)	Lesley Tashlin	(69)	Baton Rouge, LA	05.11.1996
110m Hurdles					
MEN	13.57 (2.0)	Charles Allen	(77)	Ottawa, ON	08.05.2006
Jr Men	14.15 (-1.0)	Jeff Keays	(78)	Etobicoke, ON	06.06.1997
300m Hurdles					
MEN	37.45	Craig Hutton	(64)	Ottawa, ON	08.15.1990
WOMEN	40.81	Rosey Edeh	(66)	Ottawa, ON	06.26.1991

400m Hurdles

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

1500m Steeplechase

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

2000m Steeplechase

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

3000m Steeplechase

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

4 x 100m

Men	41.08	Junior Men (National Champions) Antoine Despres-Bedward, Oluseyi Smith Michael Robertson, Jordan Alexis		Sherbrooke, QU	07.23.2006
Women	47.68	Junior Women Christiane Lela, Catherine Lalonde Karelle, Edwards, Emilie Halle		Abbotsford, BC	07.29.2007

4 x 400m

Men	3:13.30	Senior Men Sasha Cessaratto (49.1), Sean Surerus (49.0), Lyndon George (47.0), Marc Denault (48.2)			1997
Women	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

High Jump

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

Pole Vault

MEN	4.87	Rob Lindsay	(66)	Nassau, Bahamas	08.24.1984
	4.87	Lindsay		Etobicoke, ON	06.07.1985
WOMEN	3.96	Patricia Gauthier	(85)	Honolulu, HI	05.06.2006

Long Jump

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

Triple Jump

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

Shot Put

MEN	18.05	*indoor	Brian MacPhee	(81)	Blacksburg, VA	03.06.2004
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JR (6kg) 17.65 12lb Heubner, Greg (77) Etobicoke, ON 06.06.1997

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

Discus

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

Hammer

MEN 65.34 James Fahie (68) Montreal, QU 07.13.1995
WOMEN 66.42 Sultana Frizell (84) Athens, GA 05.07.2005

Javelin

MEN 74.64 * John Yorga Tillsonburg, ON 08.10.1979
69.12 Hugh Wilson (61) Burnaby, BC 06.10.1989

* Old Specifications ... Men's Javelin specifications modified with significant impact on flight distances.
Effective April 1, 1986.

WOMEN 59.30 * Louise Perreault (68) Phoenix, AZ 04.00.1991
57.64 Cheryl Coker (65) Charlotte, VA 04.18.1992

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

* Added specification changes made effective 1999 (April 1) - viewed as not effecting ratings or rankings

Weight Throw

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

Heptathlon

5601 points (*wa) Alison Armstrong (61) Ottawa, ON 06.09-10.1984
14.74 (8.5), 1.76, 12.36, 26.20 (3.1), 5.59 (1.2), 38.30, 2:19.94
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

Decathlon

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