



ATHLETICS / ATHLÉTISME

# Ottawa Summer Twilight Series

## Meet Records

(as of December 12, 2018)

<b>60m</b>	m	6.79	Michael Leblanc	NB – ASEA	08.13.2008
	f	7.69	Shyvonne Roxborough	Ottawa Lions	07.22.2015
<b>100m</b>	m	10.32	Oluwasegun Makinde	Ottawa Lions	07.28.2016
	f	11.60	Genevieve Thibault	Rouge et Or	06.18.2008
<b>150m</b>	m	15.67	Ricardo Greenidge	Brockville Legion	07.10.1996
		15.67	Glenroy Gilbert	Ottawa Lions	06.10.1998
	f	18.08	Isabelle Gervais	Ottawa Lions	08.01.2001
<b>200m</b>	m	20.74	Bruny Surin	Nike	07.14.1999
	f	23.36	Adrienne Power	Halifax Athletics	06.18.2008
<b>300m</b>	m	33.20	Michael Robertson	Ottawa Lions	07.16.2014
	f	38.53	Nicole Commissiong	Quebec - COCH	07.05.1995
<b>400m</b>	m	46.32	Michael Robertson	Ottawa Lions	08.07.2013
	f	53.52	Nicole Sassine	Univ of Windsor AC	07.22.2015
<b>600m</b>	m	1:20.03	Sean Surerus	Ottawa Lions	08.13.1997
	f	1:29.87	Charlotte Gardner	Ottawa Lions	06.24.2015
<b>800m</b>	m	1:48.88	Achraf Tadili	Quebec	08.14.2002
	<b>f</b>	<b>2:04.82</b>	<b>Maëliiss Trapeau</b>	<b>Ottawa Lions</b>	<b>06.13.2018</b>
<b>1000m</b>	m	2:23.64	Michael Woods	Ottawa Lions	07.26.2006

	f	2:45.28	Anna Gunasekera	Ottawa Lions	07.10.1996
<b>1500m</b>	m	3:39.48	John Bowden	Ottawa Lions	07.17.1991
	f	4:17.40	Anna Gunasekera	Ottawa Lions	07.24.1996
<b>2000m</b>	m	5:19.53	John Bowden	Ottawa Lions	07.10.1996
	f	6:09.36	Nathalie Cote	Ottawa Lions	06.05.1996
<b>3000m</b>	m	7:58.04	Michael Woods	Ottawa Lions	06.29.2005
	f	9:22.75	Claire Smith	Ottawa Lions	06.25.2014
<b>5000m</b>	m	14:09.10	Richard Charette	Ottawa Lions	07.13.1994
	f	16:16.64	Juli-Anne Staeli	Physi-Kult	06.28.2017
<b>50m Hurdles</b>	m	6.93	Steve Yorston	Ottawa Lions	08.09.1995
	f	7.54	Andrea Bacchiochi	Ottawa Lions	07.11.1990
<b>80m Hurdles</b>	m	10.87	Shawn Wilcox	Ottawa Lions	08.09.1995
	f	11.07	Ashlea Maddex	Ottawa Lions	07.16.2014
<b>100m Hurdles</b>	m	13.06	Shawn Wilcox	Ottawa Lions	07.19.1995
	f	13.35	Lesley Tashlin	AB - Calgary	06.12.1996
<b>110m Hurdles</b>	m	13.76	Ramon Sosa	ON – Flying Angels	07.16.2014
<b>200m Hurdles</b>	m	23.53	John Etienne	QU - Montreal	08.14.1996
	f	25.83	Tracey Mattes	USA - Wisconsin	07.04.1990
<b>300m Hurdles</b>	m	37.45	Craig Hutton	Ottawa Lions	08.15.1990
	f	40.81	Rosey Edeh	Quebec - LaSalle	06.26.1991
<b>400m Hurdles</b>	m	50.87	Gregory McNeil	ON – UTTC	06.24.2015
	f	56.47	Sarah Wells	ON – UTTC	06.24.2015
<b>1500m Steeplechase</b>	m	4:17.91	Kevin Lee	Ottawa Lions	07.28.1993
	f	5:11.83	Dana Buchanan	Ottawa Lions	07.26.2006
<b>2000m Steeplechase</b>	m	5:47.93	Matt Hughes	Toronto Olympic Club	06.13.2007
	f	6:56.25	Leah Laroque	Ottawa Lions	08.06.2008
<b>3000m Steeplechase</b>	m	8:56.35	Alain Boucher	Ottawa Lions	07.14.1991
			Gavin Smellie, Andre De Grasse,		
<b>4 x 100m Relay</b>	m	38.38	Brandon Rodney, Aaron Brown	Canada	07.15.2015
	f	47.71	J.Parslow, R.Edeh, L.McInnis, A.Bacchiochi	The High Heels	07.26.1989
<b>4 x 400m Relay</b>	m	3:14.60	Ryan Therrien, Dominic Esposito,	Ottawa Lions	06.13.2001

			Lawrence Ringwald, Lyndon George		
	f	3:59.40	M.Patterson, J.Faulknor, S.Larocque, G.Verbeek	Ottawa Lions	08.15.1990
<b>Pole Vault</b>	m	5m 20	Paul Just	Ontario - Phoenix	08.16.1989
	f	3m 45	Caroline Poirier	Ottawa Lions	06.01.2017
		<b>3m 45</b>	<b>Annabelle Gagne</b>	<b>Ottawa Lions</b>	<b>06.27.2018</b>
<b>High Jump</b>	m	2m 18	Derek Watkins	Ottawa Lions	08.09.2006
	f	1m 86	Gay Kapernik	Australia	07.06.1994
<b>Long Jump</b>	m	7m 45	Maurice Ennis	Ontario	07.20.2005
	f	6m 11	Jayne Mitchell	New Zealand	07.31.1991
<b>Triple Jump</b>	m	15m 46	Cyril Soga	Ottawa Lions	06.27.1990
	f	13m 50	Yosuis Urrutia	Colombia	07.13.2017
<b>Standing Triple Jump</b>	m	9m 45	Sheridon Baptiste	Ottawa Lions	07.24.1996
	f	6m 53	Mélanie Villeneuve	ON - Hawkesbury	07.24.1996
			Shannon Boyce	ON - Almaguin	08.14.1996
<b>Shot Put</b>	m	19m85	Tim Nedow	Ottawa Lions	07.15.2015
	f	20m14 **	Sui Xin Mei	China	07.18.1990
<b>Discus</b>	m	60m 10	Ray Lazdins	University of Toronto TC	07.18.1990
	f	60m 14	Yu Hourun	China	07.18.1990
<b>Hammer</b>	m	69m 98	Bi Zhong	China	07.18.1990
	f	63m 63	Sultana Frizell	Ottawa Lions	08.09.2006
<b>Javelin</b>	m	84m 81	Scott Russell	Windsor Legion	07.20.2005
	f	54m 04	Cheryl Coker	Ottawa Lions	08.10.1990
<b>Softball</b>	m	89m 84	Neil "The Arm" Carroll	Ontario - Terry Fox AF	07.26.1995
	f	54m 50	Kristina Binter	Ontario - Bayridge	07.17.1991

\*\* Twilight Meet Record Bonus

\$500 Bonus for New Record (Women's Shot Put - 4kg)