



# Ottawa Lions All-Time Top Ten Performances

(as of February 10, 2019)

## 60m

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### Men

1	6.64	Michael Nicolini	78	Sherbrooke	QU	02.27.1999
2	6.66	Richard Adu-Bobie	85	Fayetteville	AR	03.12.2005
3	6.69	Oluseyi Smith	87	Ottawa	ON	02.13.2010
4	6.72	Glenroy Gilbert	68	Fairfax	VA	02.25.1996
5	6.73	Charles Allen	77	Montreal	QC	01.30.2009
6	6.77	Sheridon Baptiste	64	Windsor	ON	02.20.1988
<b>7</b>	<b>6.78</b>	<b>Lionel Muteba</b>	<b>90</b>	<b>Cambridge</b>	<b>MA</b>	<b>02.01.2019</b>
8	6.81	Alamou Souhalia	79	Montreal	QU	02.19.2005
8	6.81	Moussa Sissoko	85	Ottawa	ON	12.18.2010
10	6.82	Oluwasegun Makinde	91	Ottawa	ON	01.12.2013
11	6.84	Ricardo Greenidge	71	Winnipeg	MB	02.02.1991
11	6.84	Curtis Fraser	82	Blacksburg	VA	02.13.2004

### WOMEN

1	7.43	Esther Akinsulie	84	Montreal	QC	01.27.2012
1	7.43	Delphine Atangana	84	Metz	FRA	02.29.2012
3	7.44	Shyvonne Roxborough	98	North York	ON	02.25.2017
4	7.47	Farah Jacques	91	Boston	MA	02.13.2014
5	7.50	Ashley Purnell	83	New York	NY	03.10.2002
6	7.54	Amelia Brohman	94	Ottawa	ON	01.21.2017
7	7.61	Christiane Lela	88	Windsor	ON	03.12.2009
7	7.61	Charifa Labarang	95	North York	ON	02.25.2017
9	7.63	Sarah De Carufel	92	Windsor	ON	02.21.2013
10	7.68	Leanne Wall	73	Edmonton	AB	03.12.1994

## 100m

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### Men

1	10.10	1.5	Glenroy Gilbert	68	Victoria	BC	08.22.1994
2	10.22	1.0	Oluseyi Smith	87	Calgary	AB	06.29.2012

3	10.25	0.5	Richard Adu-Bobie	85	Lincoln	NB	05.30.2008
4	10.27	1.5	Michael Nicolini	78	Montreal	QU	08.01.1998
5	10.30	1.4	Oluwasegun Makinde	91	Edmonton	AB	07.03.2015
6	10.35	1.1	Charles Allen	77	North York	ON	07.18.2009
7	10.37	1.4	Ricardo Greenidge	71	Victoria	BC	07.29.1994
8	10.42	1.8	Sheridon Baptiste	64	Ottawa	ON	06.30.1994
9	10.45	0.9	Moussa Sissoko	85	Nairobi	KEN	07.31.2010
10	10.50	2.0	Daniel Barbarie	82	Ottawa	ON	06.16.2004

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
10.20	2.9	Richard Adu-Bobie	85	Ottawa	ON	06.29.2007
10.21	2.1	Oluseyi Smith	87	Calgary	AB	06.29.2012
10.22	2.9	Oluwasegun Makinde	91	Charlottesville	VA	05.01.2014

Women

1	11.49	0.5	Farah Jacques	90	Miami	FL	06.04.2016
2	11.54	0.8	Ashley Purnell	83	Belleville	ON	06.07.2002
3	11.55	1.0	Esther Akinsulie	84	Montreal	QU	07.26.2008
4	11.56	1.7	Delphine Atangana	84	Castres	FRA	07.07.2012
5	11.73	0.2	Shyvonne Roxborough	98	North York	ON	06.26.2016
6	11.75	1.9	Holly Denny		Montreal	QU	07.08.1975
7	11.86	1.9	Charifa Labarang	95	North York	ON	06.24.2017
8	11.89	2.0	Maureen Doody	71	Montreal	QU	06.09.2000
9	11.98	0.8	Lindsay Brandys	96	Edmonton	AB	07.03.2015
10	12.01	0.2	Lesley Tashlin	69	Ottawa	ON	06.02.1999

Significant Wind Aided Performances

11.73	4.4	Lesley Tashlin	69	Knoxville	TN	04.09.1999
11.79	2.5	Lauren Gale	00	Lakewood	CO	05.19.2018
11.84	2.5	Shyvonne Roxborough	98	Ottawa	ON	08.05.2015
11.94	3.1	Leanne Wall	73	Ottawa	ON	07.01.1992
11.95	3.8	Charifa Labarang	95	Charlottetown	PEI	08.17.2012

## 150m

Men

1	15.56	*dome	Oluseyi Smith	87	Ottawa	ON	02.13.2010
2	15.67		Glenroy Gilbert	68	Ottawa	ON	06.10.1998
3	15.82	*dome	Charles Allen	77	Ottawa	ON	04.08.2009
4	15.84		Oluwasegun Makinde	91	Ottawa	ON	08.11.2010
5	15.88		Richard Adu-Bobie	85	Ottawa	ON	07.06.2005
6	15.91	*dome	Michael Robertson	89	Ottawa	ON	12.20.2008
7	15.97	*dome	Moussa Sissoko	85	Ottawa	ON	04.08.2009
8	16.28	*dome	Daniel Barbarie	82	Ottawa	ON	12.19.2005

9	16.30	*dome	Ryan Therrien	83	Ottawa	ON	03.12.2006
10	16.42	*dome	Ramon Monsour	90	Ottawa	ON	12.20.2008

#### Women

1	17.86	*dome	Esther Akinsulie	84	Ottawa	ON	12.02.2005
2	18.08		Isabelle Gervais	77	Ottawa	ON	08.01.2001
3	18.09	1.5	Shyvonne Roxborough	98	Ottawa	ON	07.22.2015
4	18.18		Charifa Labarang	95	Ottawa	ON	07.24.2013
5	18.41		Christiane Lela	88	Ottawa	ON	06.27.2007
6	18.44		Victoria McIntyre	95	Ottawa	ON	07.24.2013
7	18.51	*dome	Farah Jacques	90	Ottawa	ON	12.17.2011
8	18.53		Catherine Lalonde	89	Ottawa	ON	06.27.2007
9	18.64		Ashlea Maddex	92	Ottawa	ON	07.16.2008
10	18.72	-0.5	Lindsay Brandys	96	Ottawa	ON	07.23.2014
10	18.72	*dome	Lauren Gale	00	Ottawa	ON	01.10.2015

## 200M

#### Men

1	20.37	0.7	Glenroy Gilbert	68	New Orleans	LA	06.02.1993
2	20.51	1.7	Oluwasegun Makinde	91	Charlottesville	VA	05.01.2014
3	20.61	0.8	Ricardo Greenidge	71	Odessa	TX	05.19.1994
4	20.73	-0.3	Michael Nicolini	78	Flagstaff	AZ	07.13.1998
5	20.85	-0.7	Oluseyi Smith	87	Atlanta	GA	05.15.2010
6	20.92	1.6	Richard Adu-Bobie	85	Austin	TX	05.02.2009
7	21.09	0.9	Michael Robertson	89	Ottawa	ON	07.15.2012
8	21.24	1.7	Toluwalope Makinde	93	Ottawa	ON	07.09.2014
9	21.28	0.6	Moussa Sissoko	85	Ottawa	ON	05.24.2008
10	21.30	-0.7	Lyndon George	65	Flagstaff	AZ	07.19.1999

#### Significant Wind Aided Performances

20.39	*wa	Glenroy Gilbert	68	Knoxville	TN	05.15.1993
20.62	5.0	Oluwasegun Makinde	91	Baton Rouge	LA	04.21.2012
20.67	8.6	Michael Nicolini	78	Knoxville	TN	04.10.1999

#### Women

1	23.21	0.3	Farah Jacques	90	Gainesville	FL	03.31.2016
2	23.24	1.2	Esther Akinsulie	84	Baton Rouge	LA	04.17.2010
3	23.28	1.5	Ashley Purnell	83	Kingston	JAM	07.18.2002
4	23.86	-0.4	Charifa Labarang	95	Ottawa	ON	07.08.2017
5	23.96	0.2	Lauren Gale	00	Lakewood	CO	05.17.2017

6	24.00	0.3	Rosey Edeh	66	Linz Bonneuil sur	AUT	08.14.1989
6	24.18	1.0	Delphine Atangana Shyvonne	84	Marne	FRA	05.25.2012
8	24.32	1.7	Roxborough	98	Ste Therese	QC	08.08.2015
8	24.39	1.5	Isabelle Gervais	77	Flagstaff	AZ	07.06.2000
10	24.43	0.2	Victoria McIntyre	95	Brockville	ON	06.01.2012

## 300m

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### Men

1	33.20		Michael Robertson	89	Ottawa	ON	07.16.2014
2	33.41	*indoor	Oluwasegun Makinde	91	Montreal	QC	02.15.2014
3	33.61	*indoor	Gordon Frenke	89	Montreal	QC	02.15.2014
4	33.67	*dome	Devin Biocchi	92	Ottawa	ON	02.07.2015
5	33.92		Gabriel Tesfaye	92	Ottawa	ON	07.16.2014
6	34.00	*dome	Todd Pyper	87	Ottawa	ON	01.28.2006
7	34.10	*dome	Ramon Monsour	90	Ottawa	ON	01.17.2009
8	34.13		Paul Chauvin	81	Ottawa	ON	06.22.2005
9	34.14		Lyndon George	65	Ottawa	ON	07.23.1997
10	34.22	*dome	Oluseyi Smith	87	Ottawa	ON	01.16.2010

### Women

1	37.03		Esther Akinsulie	84	Dusseldorf	GER	08.10.2009
2	38.32	*indoor	Farah Jacques	90	Montreal	QC	01.24.2015
3	38.38		Lauren Gale	00	St. Catherines	ON	07.18.2015
4	38.81		Alicia Brown	90	Ottawa	ON	07.04.2012
5	38.82		Isabelle Gervais	77	Ottawa	ON	07.25.2001
6	38.66	*dome	Delphine Atangana	84	Ottawa	ON	02.11.2012
7	39.13	*dome	Sharelle Samuel	00	Ottawa	ON	02.17.2018
8	39.29	*indoor	Christiane Lela	88	Montreal	QU	03.07.2008
9	39.54		Ashlea Maddex	92	Ottawa	ON	07.07.2010
10	39.60	*indoor	Julia Tousaw	89	Montreal	QC	02.21.2009

## 400m

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### Men

1	46.29		Michael Robertson	89	Ottawa	ON	05.31.2014
2	46.77		Lyndon George	65	Flagstaff	AZ	07.17.1999
3	46.89		Alejandro Perloza	94	Ottawa	ON	06.21.2015
4	46.91		Lawrence Ringwald	76	Flagstaff	AZ	07.19.1999
5	47.03		Gordon Frenke	88	Ottawa	ON	05.27.2012
6	47.06		Phillip Hughes	67	Kyoto	JPN	08.31.1985

7	47.20		Todd Pyper	87	San Luis	MEX	05.19.2007
8	47.30		Devin Biocchi	92	Moncton	NB	06.21.2013
9	47.77		Ryan Therrien	83	Chapel Hill	NC	04.16.2004
10	47.84		Ray Cardinal	46	Phoenix	AZ	08.24.1984

#### Women

1	51.70		Esther Akinsulie	84	Belgrade	SER	07.09.2009
2	53.37	*indoor	Rosey Edeh	66	Dallas	TX	02.16.1990
3	53.57	*indoor	Ashley Purnell	83	Seattle	WA	03.05.2005
4	53.68		Sharelle Samuel	00	North York	ON	06.22.2018
5	53.72		Lauren Gale	00	Lakewood	CO	05.21.2016
6	54.16		Alicia Brown	90	Calgary	AB	06.29.2012
7	54.38		Lauren Seibel	82	Windsor	ON	07.05.2008
8	54.53	*dome	Farah Jacques	90	Ottawa	ON	03.07.2015
9	54.53		Bailey Lewis	86	Saskatoon	SK	07.24.2004
10	54.60		Grace Verbeek	58	North York	ON	07.04.1987

## 500m

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#### Men

1	1:03.18	*indoor	Michael Robertson	89	New York	NY	02.02.2013
2	1:04.42	*indoor	Paul Chauvin	81	Boston	MA	02.14.2009
3	1:04.46	*indoor	Devin Biocchi	92	Canton	NY	01.19.2013
4	1:04.64	*indoor	Stephen Evans	96	New York	NY	01.26.2018
5	1:05.19	*indoor	Saj Alhaddad	92	Ithaca (IC)	NY	02.03.2018
6	1:05.62	*indoor	Gordon Frenke	89	Canton	NY	12.01.2012
7	1:06.12	*indoor	Isaiah Moses	93	New York	NY	02.07.2014
8	1:06.33	*indoor	Kevin M'Pindou	95	Boston	MA	02.13.2016
9	1:06.36	*indoor	Denray Jean-Jacques	93	Ithaca (IC)	NY	02.06.2016
10	1:06.44	*indoor	Sean Young	83	Boston	MA	02.14.2009

#### Women

1	1:11.74	*indoor	Esther Akinsulie	84	Ottawa	ON	02.13.2010
2	1:13.91	*indoor	Charlotte Gardner	94	New York	NY	02.07.2014
3	1:14.30	*indoor	Gift Okankwu	92	Boston	MA	02.13.2015
4	1:14.78	*indoor	Fiona Callender	92	New York	NY	02.03.2012
5	1:14.84	*indoor	Jennifer Perrault	88	Canton	NY	12.03.2011
6	1:14.92	*indoor	Madison Clarke	95	Ithaca (IC)	NY	02.03.2018
7	1:15.28	*indoor	Sophia Skorenky	97	New York	NY	01.26.2018
8	1:15.37	*indoor	Christiane Lela	88	Boston	MA	02.13.2015
9	<b>1:15.43</b>	<b>*indoor</b>	<b>Sharelle Samuel</b>	<b>00</b>	<b>Cambridge</b>	<b>MA</b>	<b>01.12.2019</b>
9	<b>1:15.43</b>	<b>*indoor</b>	<b>Sydney Smith</b>	<b>97</b>	<b>Boston</b>	<b>MA</b>	<b>02.02.2019</b>

11 1:15.59 \*indoor Mary Ollier 95 Boston MA 02.02.2019

## 600m

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### Men

1	1:17.45	*dome	Sebastian Saville	94	Ottawa	ON	01.20.2018
2	1:18.02	*indoor	Richard Brant	67	Sherbrooke	QU	01.24.1988
3	1:18.36	*dome	Stephen Evans	96	Ottawa	ON	02.17.2018
4	1:18.45	*dome	Michael Robertson	89	Ottawa	ON	12.13.2008
5	1:19.19	*dome	Saj Alhaddad	92	Ottawa	ON	01.20.2018
6	1:19.26	*dome	Alejandro Perlaza	94	Ottawa	ON	12.17.2016
7	1:19.37	*dome	Gord Frenke	89	Ottawa	ON	02.11.2012
8	1:19.40	*indoor	Craig Hutton	64	Sherbrooke	QU	02.24.1990
9	1:19.43	*indoor	Brian Cummings	86	Montreal	QU	03.08.2008
10	1:19.47	*indoor	Phillip Hughes	67	Sherbrooke	QU	02.24.1990

### Women

1	1:27.95	*indoor	Melissa Bishop	88	New York	NY	02.16.2013
2	1:28.87	*indoor	Samantha Murphy Erinn Stenman-	92	Geneva	OH	02.22.2013
3	1:29.86	*dome	Fahey	97	Ottawa	ON	02.07.2015
4	1:29.87		Charlotte Gardner	94	Ottawa	ON	06.24.2015
5	1:29.91	*dome	Jennifer Perrault	88	Ottawa	ON	02.11.2012
6	1:30.27	*dome	Maeliss Trapeau	99	Ottawa	ON	02.17.2018
7	1:30.82		Rachel Aubry	90	Ottawa	ON	07.16.2008
8	1:30.98	*dome	Madison Clarke	95	Ottawa	ON	02.17.2018
9	1:31.03	*indoor	Julia Tousaw	89	Toronto	ON	02.28.2009
10	1:31.08	*indoor	Grace Verbeck	58	Sherbrooke	QU	02.01.1987

## 800m

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### Men

1	1:47.24		Rick Brant	67	Montreal	QU	08.04.1987
2	1:48.66		Craig Hutton	64	Montreal	QU	08.11.1990
3	1:48.88		Sebastian Saville	94	Ottawa	ON	07.07.2017
4	1:48.89		Scott MacDonald	73	Montreal	QU	07.08.1995
5	1:49.02		Sean Surerus	74	Richmond	BC	06.02.1996
6	1:49.04		Adam Palamar	94	Fayetteville	AR	04.11.2015
7	1:49.12		Mohamed Souleiman	94	Moncton	NB	06.24.2013
8	1:49.82		Kevin Savard	85	Windsor	ON	07.14.2007
9	1:49.88		Richard Charette	67	Ottawa	ON	06.26.1991
10	1:49.93		Yves Sikubwabo	93	Winnipeg	MB	07.29.2012

## Women

1	1:57.01		Melissa Bishop	88	Monaco	MON	07.21.2017
	2:00.19	*indoor	Melissa Bishop	88	Glasgow	SCO	02.20.2016
2	2:02.10		Samantha Murphy	92	Eugene	OR	06.07.2013
3	2:02.19		Grace Verbeek	58	Abbotsford	BC	06.12.1988
4	2:04.82		Maeliss Trapeau	99	Ottawa	ON	06.13.2018
5	2:05.13		Nathalie Cote	72	Dedham	MA	06.27.1998
6	2:05.42		Rachel Aubry	90	Port of Spain	TRI	08.02.2009
6	2:05.42		Charlotte Gardner	94	North York	ON	06.23.2018
8	2:05.50		Emma Galbraith	94	Ottawa	ON	06.27.2012
9	2:05.81		Erinn Stenman-Fahey	96	Waco	TX	05.13.2018
10	2:06.07		Jennifer Perrault	88	Boston	MA	05.12.2012

## 1000m

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### Men

			Mohamed				
1	2:22.46	*indoor	Souleiman	93	New York	NY	02.07.2014
2	2:22.68	*indoor	Yves Sikubwabo	93	Geneva	OH	02.08.2013
3	2:23.64		Michael Woods	86	Ottawa	ON	07.26.2006
4	2:24.94		Kevin Waller	64	Montreal	QU	06.12.1982
<b>5</b>	<b>2:24.57</b>	<b>*indoor</b>	<b>Stephen Evans</b>	<b>96</b>	<b>Montreal</b>	<b>QU</b>	<b>01.25.2019</b>
6	2:25.13	*indoor	Kent Thexton	63	Sherbrooke	QU	03.10.1984
7	2:25.76	*indoor	Adam Palamar	94	Ithaca	NY	01.23.2016
8	2:26.09	*indoor	Steve Agar	68	Sherbrooke	QU	01.23.1993
9	2:26.51	*indoor	Kevin Savard	85	Montreal	QU	03.09.2007
10	2:26.62		Murray Link	77	Ottawa	ON	07.10.1996

### Women

1	2:38.75		Melissa Bishop	88	Amsterdam	NED	08.22.2014
2	2:45.28		Anna Gunasekera	71	Ottawa	ON	07.24.1996
			Erinn Stenman-				
3	2:46.18	*indoor	Fahey	96	Ames	IA	02.24.2018
4	2:46.44		Kelly Young	84	Ottawa	ON	07.16.2008
5	2:46.71	*dome	Emma Galbraith	94	Ottawa	ON	02.09.2013
6	2:47.60	*indoor	Nathalie Cote	73	Montreal	QU	02.19.2000
7	2:47.64	*indoor	Sarah Dillabaugh	73	Windsor	ON	03.07.1997
8	2:48.11	*indoor	Jennifer Perrault	88	New York	NY	02.03.2012
9	2:48.44	*indoor	Grace Verbeek	58	Montreal	QU	01.24.1987
10	2:48.69		Jennie Biewald	88	Ottawa	ON	06.21.2006

## 1500m

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## Men

1	3:36.36		Steve Agar	68	Stuttgart	GER	07.10.1998
2	3:38.92		Adam Palamar	94	Burnaby	BC	07.01.2013
3	3:39.26		Marc Olesen	64	Palo Alto	CA	04.23.1988
4	3:39.37		Michael Woods	86	Cuxhaven	GER	07.07.2006
5	3:39.48		John Bowden	69	Ottawa	ON	07.17.1991
6	3:39.94		Richard Charette	67	Montreal	QU	08.03.1991
7	3:40.88		Scott MacDonald	73	Ann Arbor	MI	05.14.1994
8	3:41.48		Rob Cunningham	71	Ithaca	NY	04.05.1993
9	3:42.24		Kent Thexton	63	Burnaby	BC	07.16.1984
10	3:42.63		Mohamed Souleiman	93	Knoxville	TN	05.03.2014

## Women

1	4:09.58		Melissa Bishop	99	Windsor	ON	05.21.2016
2	4:12.68		Nathalie Cote	73	Montreal	QU	07.12.1998
3	4:16.51		Tracy Robertson	77	Palo Alto	CA	05.06.2000
4	4:17.22		Sarah Dillabaugh	73	Dedham	MA	06.24.2000
5	4:17.40		Anna Gunasekera	71			1996
6	4:20.05		Christine Whiteside	63			1983
7	4:20.15		Kelly Young	84	Windsor	ON	07.04.2008
8	4:20.23	*dome	Emma Galbraith	94	Ottawa	ON	03.02.2013
9	4:21.58		Dana Buchanan	84	Eugene	OR	06.06.2009
10	4:22.89		Katie Engel	87	San Diego	CA	04.28.2007

## Mile

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### Men

1	3:57.37		Steve Agar	68	Portland	OR	05.11.1997
2	3:57.39	*indoor	Adam Palamar	94	Boston	MA	01.27.2017
3	3:57.48		Mike Woods	86	Windsor	ON	07.28.2005
4	3:58.08		Marc Olesen	64	Burnaby	BC	06.13.1983
5	3:59.40	*indoor	Scott MacDonald	73	South Bend	IN	02.05.1994
6	4:00.24		Kent Thexton	63	Tillsonburg	ON	07.07.1984
7	4:01.13		Sean Kaley	75	Fayetteville	AR	02.10.2001
8	4:02.55	*indoor	Murray Link	77	Ames	IA	03.03.2000
9	4:05.16		Kevin Waller	64	Burnaby	BC	06.16.1983
10	4:05.91	*indoor	Richard Charette	67	Montreal	QU	01.16.1993

### Women

1	4:37.63		Nathalie Cote	73	Falmouth	ME	08.16.1997
2	4:39.10	*indoor	Tracy Robertson	77	Fayetteville	AR	03.10.2001



3	4:44.58	*indoor	Dana Buchanan	84	Seattle	WA	03.04.2006
4	4:44.76	*indoor	Sarah Dillabaugh	73	Ypsilanti	MI	02.14.1997
5	4:46.18	*indoor	Shona McCulloch	99	New York	NY	03.13.2016
<b>6</b>	<b>4:46.60</b>	<b>*indoor</b>	<b>Erinn Stenman-Fahey</b>	<b>97</b>	<b>Iowa City</b>	<b>IA</b>	<b>01.19.2019</b>
7	4:49.83	*indoor	Melissa Bishop	88	Allendale	MI	01.18.2013
8	4:49.94	*indoor	Emma Galbraith	94	New York	NY	02.02.2013
9	4:53.97	*indoor	Olivia Robertson	96	Ames	IA	01.24.2015
<b>10</b>	<b>4:55.08</b>	<b>*indoor</b>	<b>Shona McCulloch</b>	<b>99</b>	<b>Seattle</b>	<b>WA</b>	<b>01.26.2019</b>

## 3000m

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### Men

1	7:48.33		Steve Agar	68	Rovertto	ITA	08.25.1998
2	7:52.27	*indoor	Mike Woods	86	South Bend	IN	02.04.2006
3	7:55.38	*indoor	Sean Kaley	75	New York City	NY	02.02.2001
4	7:56.14	*indoor	Marc Olesen	64	Toronto	ON	03.12.1993
5	8:01.87	*indoor	Adam Palamar	94	Ames	IA	02.10.2017
6	8:03.55		Chris McGregor	75	Richmond	BC	06.12.1999
7	8:04.88	*indoor	Murray Link	77	Fayetteville	AR	01.27.2001
8	8:07.46		John Bowden	69	Tallahassee	FL	04.04.1992
9	8:09.83		Richard Charette	67	Ottawa	ON	06.16.1993
10	8:10.28	*indoor	Rob Cunningham	71	Ithaca	NY	01.12.1994

### Women

1	9:08.05		Sarah Dillabaugh	73	Dedham	MA	06.27.2000
2	9:13.93		Tracy Robertson	77	Palo Alto	CA	03.25.2000
3	9:16.93		Shona McCulloch	99	Bydgoszcz	POL	07.20.2016
4	9:22.75		Claire Smith	97	Ottawa	ON	06.25.2014
5	9:26.34		Jackie Harkes	63	Sherbrooke	QU	07.22.1988
6	9:27.29		Mary Jane Richards	76	Kitchener	ON	06.22.1994
7	9:30.45	*indoor	Nathalie Cote	73	Windsor	ON	03.08.1997
8	9:32.82	*indoor	Olivia Robertson	96	Ames	IA	02.27.2015
9	9:32.46	*indoor	Tania Jones	69	Syracuse	NY	02.05.1995
10	9:33.18		Claire Smith	97	Toronto	ON	06.06.2015

## 5000m

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### Men

1	13:25.16		Sean Kaley	75	Victoria	BC	08.11.2000
2	13:35.86		Steve Agar	68	Walnut	CA	05.18.1998
3	13:38.09		Marc Olesen	64	Palo Alto	CA	03.27.1991

4	13:50.89		Murray Link	77	Durham	NC	06.03.2000
5	13:51.93		Christian Weber	66	Brunswick	ME	07.04.1998
6	13:54.94		Richard Charette	67	Boston	MA	06.30.1993
7	13:59.03		Adam Palamar	94	Palo Alto	CA	04.02.2016
<b>8</b>	<b>14:02.78</b>	<b>*indoor</b>	<b>Farah Abdulkarim</b>	<b>96</b>	<b>Nashville</b>	<b>TN</b>	<b>02.08.2019</b>
9	14:04.74		John Bowden	69	Sudbury	ON	07.04.1992
10	14:09.24		Richard Charette	67	Ottawa	ON	07.13.1994

#### Women

1	15:34.33		Sarah Dillabaugh	73	Montreal	QU	07.07.2000
2	16:08.08		Tracy Robertson	77	Walnut	CA	04.20.2001
3	16:08.53		Tania Jones	69	Philadelphia	PA	04.24.1997
4	16:25.90		Mary Jane Richards	76	Ottawa	ON	08.03.1994
5	16:27.65		Lisa Presedo	65	Des Moines	IA	04.30.1988
6	16:31.22*	<b>*indoor</b>	Shona McCulloch	99	New York	NY	03.11.2016
7	16:31.88		Claire Smith	97	Ottawa	ON	06.11.2014
8	16:34.17		Nathalie Cote	73	Montreal	QU	06.20.1996
9	16:45.51	<b>*indoor</b>	Julia Hicks	85	Lexington	KY	02.25.2007
10	17:14.82		Daniele Riendeau	84	Nashville	TN	04.21.2006

## 10000m

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#### Men

1	28:01.06		Sean Kaley	75	Palo Alto	CA	05.06.2000
2	28:23.78		Chris Weber	66	Palo Alto	CA	05.06.2000
3	28:48.00		Murray Link	77	Walnut	CA	04.20.2001
4	28:51.94		John Halvorsen	66	Coquitlam	BC	05.27.1995
5	30:29.40		Adrian Baird	63	St. John	NB	08.12.1985
6	30:52.59		Mohammed Hussein	71	Ottawa	ON	07.02.1993
7	30:55.03		Andy Jones	61	Sherbrooke	QU	08.01.1992
8	31:12.99		Rob Hardy	62	Montreal	QU	05.31.1985
9	31:36.26		Steven Drew	77	London	ON	05.24.2006
10	32:12.39		Matt Pieterston	82	Ottawa	ON	08.06.2008

#### Women

1	33:15.35		Lisa Presedo	65	Montreal	QU	07.26.1991
2	36:02	<b>*road</b>	Shona McCulloch	99	Ottawa	ON	05.23.2015
3	36:15.54		Jackie Harkes	63	Ottawa	ON	06.03.1987
4	37:26.66		Lauren Clobridge	77	Austin	TX	04.03.1999

## Marathon

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## Men

1	2:23.08	Stephane Gamache	75	Sacramento	CA	12.03.2000
2	2:23.30	Andy Jones	61	Ottawa	ON	05.10.1992
3	2:24.14	Bob Slipp	50	Ottawa	ON	05.13.1984
4	2:24.28	Larry McCloskey	55	Ottawa	ON	05.13.1984
5	2:26.13	Gord Moat		Ottawa	ON	1980
6	2:26.23	Doug Scorrar				1981
7	2:29.23	Dave Stewart	48	Ottawa	ON	1981
8	2:31.01	Alain Boucher	59	Ottawa	ON	05.14.1995
9	2:33.58	Steve Spalding		Toronto	ON	1980
10	2:38.51	Tommy Des Brisay	91	Ottawa	ON	05.23.2015

## Women

1	2:39:56	Lisa Presedo	65	Toronto	ON	09.09.1990
2	2:40:09	Tania Jones	69	Ottawa	ON	05.14.2000
3	2:49:59	Helen Cooper		Ottawa	ON	1981
4	2:50:12	Jeanie Cameron		Ottawa	ON	1981
5	2:57:32	Debbie Maklin	67	Ottawa	ON	05.12.2002
6	3:08:22	Anne Wardlaw	48	Ottawa	ON	05.13.1979
7	3:09:14	Julia Britton	90	Ottawa	ON	05.23.2015
8	3:15:58	Lynn Parrington	69	Ottawa	ON	05.13.1984

## Racewalk

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### Men

#### 5000m

1	22:22.10	Dan Broderick	64	North York	ON	03.19.1983
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#### 20km

1	1:40.37.4	Jeff Cassin	68	Coquitlam	BC	08.14.1992
2	1:41.26	Dan Broderick	64			1983

### Women

#### 5000m

1	22:01.09	Ann Peel	60	Zagreb	YUG	07.17.1987
2	23:43	Rachel Robichaud	71	L'Hospitalet	ESP	05.09.1994
3	24:52.64	Joanna Irvine	66	Brockville	ON	09.20.1992
4	26:19	Isabelle Kim	76	Ottawa	ON	09.24.1995

#### 10000m

1	45:06	r Ann Peel	60	New York	NY	05.03.1987
2	47:58	Rachel Robichaud	71	Montreal	QU	06.15.1995

## 60m Hurdles

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### Men

1	7.70	Charles Allen	77	Boston	MA	01.26.2008
2	7.77	Sekou Kaba	90	New York	NY	01.30.2015
3	7.99	Jeff Glass	62	Windsor	ON	02.05.1989
4	8.02	Oluwasegun Makinde	91	Windsor	ON	02.21.2013
5	8.12	Tyler Fawcett	88	Windsor	ON	03.11.2010
6	8.16	Cody Sorensen	86	Montreal	QU	03.07.2008
7	8.19	Stuart Pearson	89	Ottawa	ON	01.17.2009
8	8.20	Jermaine Bucknor	83	Montreal	QU	12.14.2002
9	8.26	Scott Hancock	92	Edmonton	AB	03.10.2017
10	8.27	Mark Chenery	88	Montreal	QC	01.28.2012

### Women

1	8.12	Lesley Tashlin	69	Atlanta	GA	03.03.1996
2	<b>8.29</b>	<b>Keira Christie-Galloway</b>	<b>99</b>	<b>Fayetteville</b>	<b>AK</b>	<b>01.26.2019</b>
	<b>8.29</b>	<b>Keira Christie-Galloway</b>	<b>99</b>	<b>Ames</b>	<b>IA</b>	<b>02.08.2019</b>
3	8.33	Ashlea Maddex	92	North York	ON	02.19.2012
4	8.34	Karelle Edwards	90	New York	NY	02.05.2016
5	8.35	Devyani Biswal	93	North York	ON	02.24.2017
6	8.37	Tania Bambi	94	North York	ON	02.24.2017
7	<b>8.40</b>	<b>Farah Jacques</b>	<b>90</b>	<b>Staten Island</b>	<b>NY</b>	<b>02.08.2019</b>
8	8.45	Leslie Estwick	60	Saskatoon	SK	02.16.1991
9	8.51	Ashley Purnell	83	Saskatoon	SK	01.13.2002
10	8.60	Alexia Lamothe	96	Windsor	ON	02.10.2018

## 100m Hurdles

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### Women

1	12.96	0.7	Lesley Tashlin	69	Baton Rouge	LA	05.11.1996
2	13.16	1.6	Ashlea Maddex	91	Ottawa	ON	07.08.2017
3	13.31	1.7	Keira Christie-Galloway	99	Guelph	ON	06.13.2018
3	13.31	1.4	Farah Jacques	90	Castres	FRA	07.25.2018
5	13.33	0.2	Karelle Edwards	91	Ottawa	ON	06.21.2015
6	13.43	1.7	Devyani Biswal	93	Guelph	ON	06.13.2018
7	13.50	0.1	Leslie Estwick	60	Ottawa	ON	06.15.1991
8	13.83	0.1	Rosey Edeh	66	Hamilton	ON	06.09.1989
9	13.85	1.4	Miranda Kirby	68	Baton Rouge	LA	04.29.1989

10	13.91	1.7	Tania Bambi	94	Coral Gables	FL	03.25.2017
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Significant Wind Aided Performances

13.07	2.2	Lesley Tashlin	69	Montreal	QU	07.31.1998
13.07	3.6	Ashlea Maddex	92	North York	ON	06.24.2017
13.28	2.7	Devyani Biswal	93	Windsor	ON	06.17.2017
13.44	4.4	Leslie Estwick	60	North York	ON	06.22.1991

## 110m Hurdles

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Men

1	13.43	1.9	Sekou Kaba	90	Edmonton	AB	07.04.2015
2	13.57	2.0	Charles Allen	77	Ottawa	ON	08.05.2006
3	14.24	1.9	Oluwasegun Makinde	91	Baton Rouge	LA	04.21.2018
4	14.33	1.9	Shawn Wilcox	73	Kitchener	ON	07.04.1998
5	14.47	-0.3	Stuart Pearson	89	Windsor	ON	07.04.2009
6	14.52	-1.5	Jermaine Bucknor	83	Sackville	NS	08.09.2003
7	14.63	-0.3	Tyler Fawcett	88	Windsor	ON	07.04.2009
8	14.69	1.7	Steve Yorston	68	Saskatoon	SK	08.19.1989
9	14.75	1.2	Jeff Keays	78	North York	ON	06.21.1998
10	14.79	*dome	Scott Hancock	92	Ottawa	ON	03.04.2017

## 400m Hurdles

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Men

1	51.02		Craig Hutton	64	Provo	UT	05.24.1990
2	51.13		Phillip Hughes	67	St. John	NB	08.16.1985
2	51.13		Sasah Cesaratto	77	Fullerton	CA	05.21.1999
4	51.34		Saj Al-Haddad	92	Durham	NC	04.21.2018
5	51.67		Gabriel Tesfaye	92	Ottawa	ON	07.20.2014
6	52.29		Stuart Pearson	89	Toronto	ON	06.27.2009
7	52.39		Gordon Frenke	88	Ottawa	ON	05.26.2012
8	52.62		Matthew Bedard	96	Ottawa	ON	06.24.2015
9	52.73		Jeff Keays	78	Ottawa	ON	06.14.1997
10	53.01		Tyler Fawcett	88	Sherbrooke	QU	06.16.2007

Women

1	56.10		Rosey Edeh	66	Provo	UT	06.02.1989
2	57.11		Isabelle Gervais	77	Flagstaff	AZ	07.06.2000
3	59.51		Ashlea Maddex	92	London	ON	06.03.2010
4	59.59		Sharelle Samuel	00	Nassau	BAH	07.23.2017
5	59.69		Chantale Dejaridin	75	Ottawa	ON	08.05.1992

6	59.86	Esther Akinsulie	84	Ottawa	ON	08.06.2008
7	60.10	Bailey Lewis	86	Saskatoon	SK	07.25.2004
8	60.46	Alexia Lamothe	96	Ottawa	ON	07.20.2014
9	60.61	Andrea White	86	Windsor	ON	07.15.2007
10	60.72	Emilie Halle	90	Windsor	ON	07.06.2009

## 3000m Steeplechase

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### Men

1	8:33.65	Alain Boucher	61	Sydney	AUS	01.14.1990
2	8:37.20	Joshua Karanja	84	Louisville	KY	05.30.2009
3	8:37.94	Chris McGregor	75	Burnaby	BC	06.06.1999
4	9:03.00	Maya Aden	84	Lafayette	LA	05.12.2007
5	9:05.45	Farah Abdul-Karim	95	Walnut	CA	04.15.2017
6	9:12.60	Kevin Lee	73	Ottawa	ON	07.02.1993
7	9:14.90	Alex Behre	93	Windsor	ON	06.29.2013
8	9:16.33	Patrick Marion	84	Ottawa	ON	07.03.2005
9	9:28.14	John McDonald				1978
10	9:28.75	Kirk Dillabaugh	70	Kitchener	ON	07.19.1996

### Women

1	10:13.98	Danelle Woods	89	Sao Paulo	BRA	07.07.2007
2	10:28.53	Dana Buchanan	84	Palo Alto	CA	03.27.2009
3	10:49.74	Rhonda Sherrer		Columbus	OH	06.01.2003
4	10:53.58	Catherine Fortin-Major	81	Raleigh	NC	04.18.2003
5	11:06.35	Robin McRobbie	81	San Diego	CA	04.25.2003
6	11:11.72	Lauren Clobridge	77	Austin	TX	05.05.2001

## 4x100m Relay

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### Men

1	40.15	Senior Men	Ontario Champions	Ottawa	ON	07.15.2011
		Michael Robertson, Oluseyi Smith, Oluwasegun Makinde, Richard Adu-Bobie				
2	40.22	Senior Men	Canadian Champions	Moncton	NB	06.23.2013
		Devin Biocchi, Oluwasegun Makinde, Michael Robertson, Gordon, Frenke				
3	40.53	Senior Men		Ottawa	ON	08.11.2010
		Michael Robertson, Oluwasegun Makinde, Richard Adu-Bobie, Ramon Monsour				
4	40.54	Senior Men		Ottawa	ON	05.27.2012

			Michael Robertson, Seyi Smith, Segun Makinde, Tolu Makinde			
	5	40.71	Senior Men	Canton	NY	05.07.2010
	6	40.84	Michael Robertson, Oluseyi Smith Christian Desulme, Ramon Monsour Senior Men National Champions	Calgary	AB	06.25.2011
	7	41.08	Michael Robertson, Richard Adu-Bobie, Oluwasegun Makinde, Devin Biocchi Junior Men National Junior Champions	Sherbrooke	QU	07.23.2006
	8	41.17	Antoine Despres-Bedward, Oluseyi Smith Michael Robertson, Jordan Alexis Senior Men Ontario Champions	Windsor	ON	06.13.2015
	9	41.18	Alejandro Perlaza, Oluwasegun Makinde, Brandyn Martineau, Sekou Kaba Junior Men Ontario Junior Champions	Ottawa	ON	06.22.2008
	10	41.28	Jeremy Batt, Oluwasegun Makinde Michael Robertson, Ramon Monsour Senior Men	Ottawa	ON	1998
			Michael Nicolini, Glenroy Gilbert Shawn Wilcox, Jeff Keays			
Women						
	1	47.27	Senior National Senior Women Champions	Windsor	ON	07.06.2008
	2	47.37	Christiane Lela, Esther Akinsulie Lauren Seibel, Rachel Aubry Senior Ontario Silver Women Medalists	Ottawa	ON	07.19.2014
	3	47.57	Charifa Labarang, Karelle Edwards, Devyani Biswal, Ashlea Maddex Senior Ontario Champions Women	Windsor	ON	06.17.2017
	4	47.68	Charifa Labarang, Ashlea Maddex, Devyani Biswal, Keira Christie-Galloway Junior National Junior Women Champions	Abbotsford	BC	07.29.2007
	5	47.71	Christiane Lela, Catherine Lalonde Karelle Edwards, Emilie Halle Senior Women	Ottawa	ON	07.26.1989
	6	47.84	Jennifer Parslow, Rosey Edeh, Lana McInnis, Andrea Bacchiochi Youth Girls National Youth Champions	Ottawa	ON	08.05.2011
	6	47.86	Charifa Labarang, Tania Bambi Victoria McIntyre, Shelani Fernando Junior Ontario Champions Women	Ottawa	ON	07.19.2014
			Shyvonne Roxborough, Colle Thompson, Alexandra Telford, Alexia Lamothe			

8	47.86	Senior Women	Ontario Bronze Medalists	Windsor	ON	06.13.2015
			Charifa Labarang, Marissa Turner, Devyani Biswal, Christiane Lela			
9	47.88	Junior Women	National Junior Silver Medalists	Abbotsford	BC	07.27.2008
			Jordan Skeete-Wilson, Ashlea Maddex, Karelle Edwards, Emilie Halle			
10	47.91	Junior Women	National Junior Champions	Ste. Therese	QC	07.14.2013
			Charifa Labarang, Victoria McIntyre, Alexandra Telford, Clara Phillips			
		*	National Youth Club Record & Championship Record			

## 4x400m Relay

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### Men

1	3:11.02		Senior Men	Raleigh	NC	05.17.2014
			Devin Biocchi (48.2), Gord Frenke (48.0), Michael Robertson (46.4), Denray Jean-Jacques (48.4)			
2	3:11.93		Senior Men Ontario Champions	Ottawa	ON	07.20.2014
			Toluwalope Makinde, Denray Jean-Jacques, Devin Biocchi, Wade Embury			
3	3:12.83	*indoor	Senior Men	Boston	MA	02.14.2014
			Gabriel Tesfaye(49.0), Devin Biocchi (47.9), Denray Jean-Jacques (48.4), Michael Robertson (47.5)			
4	3:13.30		Senior Men			1997
			Sasha Cesaratto (49.1), Sean Surerus (49.0), Lyndon George (47.0), Marc Deneault (48.2)			
5	3:14.20		Senior Men	Ottawa	ON	07.01.2007
			Todd Pyper (47.9), Brian Cummings (48.3) Sean Young (50.5), Michael Robertson (47.5)			
6	3:14.60		Senior Men	Ottawa	ON	06.13.2001
			Ryan Therrien, Dominic Esposito, Lawrence Ringwald, Lyndon George			
7	3:15.09		Senior Men Ontario Champions	North York	ON	07.21.2013
			Andrew Bain, Devin Biocchi, Gordon Frenke, Michael Robertson			
8	3:15.24		Senior Men	Kitchener	ON	06.12.1999
			Juan Abreu, Eric Daw, Lawrence Ringwald, Lyndon George			
9	3:15.32	*indoor	uOttawa CIS Champions	Winnipeg	MB	03.10.2012
			Gee Gees			



	10	3:15.36	*indoor	Toluwalope Makinde (50.1), Devin Biocchi (48.8), Oluwasegun Makinde (48.8), Michael Robertson (47.6) uOttawa Gee Gees Toluwalope Makinde (49.9), Devin Biocchi (47.8), Oluwasegun Makinde (49.2), Michael Robertson (48.4)	New York	NY	02.02.2013
<b>Women</b>							
	1	3:44.58		Senior Ontario Champions Women Lauren Gale, Erinn Stenman-Fahey, Madison Clarke, Sharelle Samuel	Windsor	ON	06.18.2017
	2	3:46.33		Junior (National Champions) Women Evelyn Scott (58.2), Fiona Callender (55.3), Samantha Murphy (56.4), Ashlea Maddex (56.3)	Moncton,	NB	07.04.2010
	3	3:46.59		Junior Canadian Champions Women Lauren Gale (57.6), Maeliss Trapeau (57.1), Helena Jovic(57.2), Sharelle Samuel (54.7)	Ottawa	ON	07.09.2017
	4	3:47.54		Senior Women Alicia Brown, Fiona Callender, Charlotte Gardner, Michele Krech	Ottawa	ON	07.15.2012
	5	3:48.00	*indoor	Senior Women Farah Jacques, Gift Okankwu, Svetlana Martynova, Colle Thompson	Boston	MA	02.06.2016
	6	3:48.58	*indoor	uOttawa Gee Gees Farah Jacques (56.6), Julia Tousaw (57.0), Christianne Lela (58.7), Jennifer Perrault (56.3)	New York	NY	02.04.2012
	7	3:48.72		Senior Women Christianne Lela (56.2), Erinn Stenman-Fahey (54.8), Karelle Edwards (57.9), Hailey McKechnie (59.7)	Boston	MA	02.13.2014
	8	3:49.16	*indoor	uOttawa Gee Gees Stephanie Gould (59.3), Madison Clarke (56.6), Maeliss Trapeau (56.0), Sophia Skorenky (57.3)	Windsor	ON	03.10.2018
	9	3:49.21		Junior (National Junior Silver Women Medalists) Emilie Halle (58.8), Julia Tousaw (55.7), Fiona Calender (57.8), Rachel Aubry (56.7)	Abbotsford	BC	07.27.2008
	10	3:49.24	*indoor	uOttawa Gee Gees	Montreal,	QC	01.28.2011

Michele Krech (57.9), Christianne Lela (58.1)  
 Tory Merrill (56.2), Julia Tousaw (56.9)

## High Jump

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### Men

1	2.25		Cory Siermachesky	69	Burnaby	BC	05.31.1992
2	2.24		Brian Marshall	65	Los Angeles	CA	05.24.1986
3	2.18		Derek Watkins	82	Ottawa	ON	08.09.2006
4	2.15		German Gamov	67	Montreal	QU	07.08.1995
5	2.10		Ray Seguin	69	North York	ON	06.18.1994
5	2.10		Steve Nkusi	96	Edmonton	AB	08.02.2015
7	2.09		Shawn Wilcox	73	Ottawa	ON	06.11.1993
8	2.07	*indoor	Yvan Ntivumbura	96	Windsor	ON	02.27.2016
9	2.05		Kevin Grant	77	Ottawa	ON	08.03.2002
10	<b>2.02</b>	<b>*indoor</b>	<b>Philip Frank</b>	<b>00</b>	<b>Ann Arbor</b>	<b>MI</b>	<b>02.01.2019</b>

### Women

1	1.89		Leslie Estwick	60	North York	ON	06.22.1991
2	1.83		Alison Armstrong	61	Kobe	JPN	09.03.1985
3	1.80		Barbara Bitchoka	96	Ottawa	ON	05.31.2017
4	1.79		Karla Scheleske-Shepard	82	Zapopan	MEX	06.22.2013
5	1.75		Julianne McGregor	72	Ottawa	ON	07.02.1994
6	1.73		Jackie Rasenberg	66	Etobicoke	ON	06.07.1985
6	1.73		Kim Rapley	68	Coquitlam	BC	08.14.1992
8	1.70		Ashlea Maddex	92	Ottawa	ON	06.28.2008
8	1.70		Nadine Laurin	76	Sudbury	ON	07.06.1997
8	1.70		Michelle Romance	79	Ottawa	ON	05.20.1998

## Pole Vault

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### Men

1	4.87		Rob Lindsay	66	Nassau	BAH	08.24.1984
2	4.85	*indoor	Olivier Gauthier-Kwan	89	Edmonton	AB	03.08.2014
3	4.82	*indoor	Telvin Tavernier	93	Edmonton	AB	03.11.2017
4	4.72	*indoor	Nelson Cecereu	93	Windsor	ON	03.14.2015
5	<b>4.65</b>	<b>*indoor</b>	<b>John Claude Van Biljon</b>	<b>95</b>	<b>Montreal</b>	<b>QC</b>	<b>01.26.2019</b>
6	4.61	*indoor	Jeff Vukasovic	85	Montreal	QC	01.27.2012
7	4.60	*indoor	Mark Saikley	62	Toronto	ON	02.11.1984
7	4.55		Zach Kerr	96	Oshawa	ON	06.08.2013

7	4.55		Ryan Thomsen	98	Covina	CA	05.28.2017
10	4.51	*dome	Patrick Arbour	88	Ottawa	ON	03.02.2013

#### Women

1	4.06		Patricia Gauthier	85	Northridge	CA	05.30.2008
2	3.70	*indoor	Melinda Rock	87	Montreal	QC	02.15.2014
2	3.70		Caroline Poirier	00	Ottawa	ON	07.07.2018
4	3.57	*indoor	Felicite Kokron	94	North York	ON	02.27.2015
<b>5</b>	<b>3.50</b>	<b>*indoor</b>	<b>Claudine Nafaa</b>	<b>95</b>	<b>Sherbrooke</b>	<b>QC</b>	<b>12.15.2018</b>
6	3.47		Annabelle Gagne	00	Bolton	ON	07.28.2018
7	3.36	*dome	Quyen Vuong	85	Ottawa	ON	02.11.2012
8	3.35		Leslie Estwick	60	Flagstaff	AZ	07.04.2000
8	3.20	*indoor	Heather Smith	99	Ithaca (IC)	NY	02.03.2018
10	3.15		Bailey Arnott	93	London	ON	06.03.2010

## Long Jump

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#### Men

1	8.01	1.9	Glenroy Gilbert	68	Ottawa	ON	08.06.1988
2	7.88	*indoor	Christopher Greenaway	87	Windsor	ON	03.12.2010
3	7.66	1.7	Chris Burgess	73	Kingston	ON	06.27.2000
4	7.63	1.4	Brian Chibudu	87	Toronto	ON	06.27.2009
5	7.55	1.8	Richard Rock	57	Ottawa	ON	08.06.1988
6	7.53	*indoor	Sheridon Baptiste	64	Syracuse	NY	02.04.1990
7	7.52	*indoor	Oluseyi Smith	87	Ottawa	ON	02.12.2011
8	7.18	1.0	Mark Chenery	88	Ottawa	ON	05.26.2012
9	7.15	1.4	Olivier Gauthier-Kwan	89	London	ON	06.13.2009
9	7.15	*indoor	Scott Hancock	92	Edmonton	AB	03.10.2017

#### 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	UK	05.21.2006
	7.16	3.4	Olivier Gauthier-Kwan	89	Toronto	ON	06.26.2009

#### Women

1	6.27	1.2	Leslie Estwick	60	Prince George	BC	08.13.1994
2	6.25	1.4	Maureen Doody	71	North York	ON	06.17.2000
3	6.01	-1.0	Divya Biswal	93	Los Angeles	CA	04.13.2017
4	6.00	1.7	Lana McInnis	62	Etobicoke	ON	07.29.1989
5	5.88	0.9	Alison Armstrong	61	Arles	FRA	05.18.1986
6	5.86	-0.9	Kim Rapley	68	North York	ON	06.16.1990
7	5.74	1.7	Karelle Edwards	90	Ithaca	NY	04.29.2007

8	5.71	0.8	Keira Christie-Galloway	99	Brockville	ON	05.29.2015
9	5.65	0.0	Ashley Maddex	92	London	ON	06.03.2010
10	5.63	1.1	Pauline van der Roest	70	Ottawa	ON	06.09.1999
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
	6.05	2.5	Divya Biswal	93	Windsor	ON	06.17.2017
	5.92	3.7	Kim Rapley	68	Sherbrooke	QU	08.02.1992

## Triple Jump

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### Men

1	15.75	1.6	Glenroy Gilbert	68	Etobicoke	ON	05.14.1988
2	15.62	*indoor	Cyril Soga	65	Syracuse	NY	12.03.1989
3	14.95	1.6	David Nsabua	93	Sudbury	ON	06.02.2011
4	14.80	*indoor	Jason Goetz	85	Windsor	ON	03.12.2009
5	14.66	0.5	Llew Edwards	65	North York	ON	06.18.1994
6	14.57	1.3	Derek Watkins	82	Ottawa	ON	08.06.2006
7	14.53	-0.6	Sean Burges	72	Ottawa	ON	06.14.1995
8	14.39	*indoor	Christopher Greenaway	87	Toronto	ON	02.27.2010
9	14.37	-2.0	Kerry Munro	65	Montreal	QU	07.23.1983
10	14.30	1.4	Kyle Sprague	00	North York	ON	06.08.2018
Significant Wind Aided Performances							
	15.72	6.4	Cyril Soga	65	North York	ON	06.03.1990
	14.86	4.4	Sean Burges	72	Winnipeg	MB	07.07.1991
	14.58	3.0	Ahmed Al-Slaq	93	North York	ON	06.26.2016

### Women

1	13.27	1.6	Divya Biswal	93	Windsor	ON	06.18.2017
2	12.74	1.1	Chantal Ouoba	75	Ottawa	ON	08.04.2002
3	12.22	1.3	Julia Stille	93	Sudbury	ON	08.15.2010
4	12.20	1.7	Paola Quinonez	89	Windsor	ON	06.14.2015
5	12.14	0.0	Constance Campbell	72	Flagstaff	AZ	07.08.2000
6	12.18	*indoor	Mila Simulik	90	Toronto	ON	02.27.2010
7	11.70	-0.5	Krista Dillon	92	Ottawa	ON	06.15.2011
8	11.50	*indoor	Dayna Barrett	82	Montreal	QU	02.17.2001
9	11.49	0.0	Clara Phillips	95	Oshawa	ON	06.08.2013
10	11.48	-1.8	Emma Dobson	91	Toronto	ON	06.05.2009
Significant Wind Aided Performances							
	13.02	2.6	Divya Biswal	93	Ottawa	ON	07.08.2017
	12.26	4.8	Julia Stille	93	Winnipeg	MB	07.08.2011
	11.98	2.9	Charmaine Wilson	73	Sudbury	ON	05.31.1991

11.86	2.7	Krista Dillon	92	Winnipeg	MB	07.08.2011
11.59	5.3	Hannah-Kelsey Smith	97	Brockville	ON	06.09.2012

## Shot Put

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### Men

1	21.33	*indoor	Tim Nedow	90	Stockholm	SWE	02.17.2016
	21.02		Tim Nedow	90	Toronto	ON	07.10.2018
2	18.05	*indoor	Brian MacPhee	81	Blacksburg	VA	03.06.2004
3	16.50	*indoor	Greg Huebner	77	Windsor	ON	02.24.2001
4	16.17		Greg Jack	75	Atlanta	GA	04.19.1997
5	16.06	*indoor	Thomas Nedow	98	Ottawa	ON	07.07.2018
6	15.66		Mike Reichert	71	Ottawa	ON	08.06.1989
7	15.61		Brennan Jack	81	Ottawa	ON	07.04.2001
8	15.32		Patrick Arbour	88	Tucson	AZ	04.04.2013
9	15.04	*indoor	James Fahie	69	Ithaca	NY	01.21.1989
10	14.95		Christopher Kelly	72	Ottawa	ON	07.19.1989

### Women

1	15.83	*indoor	Cathy Griffin	69	Cambridge	MA	01.23.1993
2	15.82		Sultana Frizell	84	Ottawa	ON	06.17.2006
3	15.62		Melody Torcolacci	60	Gateshead	UK	06.29.1990
4	15.60	*indoor	Ashley Connell	94	North York	ON	03.11.2016
5	15.54		Caroline Larose	78	Victoria	BC	07.18.2003
6	14.66		Judy Gitzi	67	Albany	NY	03.13.2015
7	14.52		Marie-Josée Le Jour	79	Sherbrooke	QU	07.27.2007
8	13.60	*indoor	Dominique Bilodeau	79	Ottawa	ON	02.03.2007
9	13.54	*indoor	Leanna Garcia	94	Windsor	ON	02.27.2016
10	13.44	*indoor	Caitlin van Dodewaard	89	Charlotte	NC	01.30.2009

## Discus

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### Men

1	61.49		Tim Nedow	90	North York	ON	07.23.2015
2	50.82		Patrick Arbour	88	Tucson	AZ	04.05.2013
3	50.34		Steve Lambrose				1977
4	49.52		Michael Reichert	71	Etobicoke	ON	07.21.1990
5	48.86		Brian MacPhee	81	Philadelphia	PA	04.27.2001
6	48.82		Thomas Nedow	98	Ottawa	ON	07.07.2018
7	48.37		Dan Green	68	Ottawa	ON	07.25.2001
8	47.48		Greg Heubner	77	Kitchener	ON	08.05.1995
9	46.48		Jeff Gillan	68	Richmond	BC	07.11.1987

10	45.50	Tom Pincombe	75	Kitchener	ON	06.29.1997
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#### Women

1	56.86	Cathy Griffin	69	Winnipeg	MB	06.11.1993
2	54.34	Marie-Josée Le Jour	79	London	ON	07.08.2007
3	49.36	Wendy Phillips	72	Montreal	QU	05.17.1997
4	48.08	Melody Torcolacci	60	Montreal	QU	07.28.1991
5	46.76	Caitlin van Dodewaard	89	Renfrew	ON	04.02.2005
6	45.12	Sultana Frizell	84	Atlanta	GA	04.02.2005
7	43.28	Judy Gitzi	67	Budapest	HUN	08.29.1985
8	42.82	Sylvia Gould	66			1987
9	41.92	Caroline Larose	78	Sarnia	ON	08.07.1999
10	41.75	Ashley Connell	94	North York	ON	07.21.2013

## Hammer Throw

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#### Men

1	65.34	James Fahie	68	Montreal	QC	07.13.1995
2	57.36	Boris Zaitchouck	48	Ottawa	ON	1995
3	47.62	Ian Armstrong	60	Kitchener	ON	08.04.1984
4	46.10	Ryan Rowat	81	Sherbrooke	QC	07.23.2006
5	45.13	Jamie Muckle	85	Ottawa	ON	07.18.2012
6	41.92	Joe Burke	50	Ottawa	ON	06.23.1982
7	30.56	Bob Staveley	34	Ottawa	ON	07.01.1984

#### Women

1	75.73	Sultana Frizell	84	Tucson	AZ	05.22.2014
2	57.54	Ruth Conlon	76	Havana	CUB	05.27.2001
3	55.44	Cathy Griffin	69	Cambridge	MA	04.18.1992
4	55.34	Marie-Josée Le Jour	79	North York	ON	08.03.2007
5	50.51	Ty Coulter	98	Ottawa	ON	05.31.2017
6	50.45	Leanna Garcia	95	Windsor	ON	06.12.2015
7	45.39	Taylor Currier	98	Ottawa	ON	06.15.2016
8	43.30	Valerie Chartrand	87	Ottawa	ON	07.14.2010
9	42.30	Judy Gitzi	67	Philadelphia	PA	04.18.1987
10	41.51	Grace Macmillan-Sayers	99	Quebec	QC	07.22.2018

## Javelin

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#### Men

1	74.64	John Yorga		Tillsonburg	ON	08.10.1979
2	73.12	Ian Kayser	60	Clemson	SC	04.22.1983
3	71.02	Brandon Heroux	90	Moncton	NB	06.22.2013

4	70.40	Hugh Wilson	61	Ylivieska	FIN	07.03.1988
5	68.30	Matt Murdock	82	Etobicoke	ON	06.02.2001
6	67.68	Jason Spalding	73	North York	ON	06.18.1994
7	67.30	Peter Cheesbrough	81	Canton	NY	08.04.2000
8	66.82	Eric Gagnon	68	Winnipeg	MB	05.26.1990
8	66.82	Patrick Arbour	88	Toronto	ON	07.28.2010
10	63.66	Dan Disipio	65	Etobicoke	ON	06.01.1984

#### Women

1	59.30	Louise Perreault	68	Phoenix	AZ	04.01.1991
2	57.64	Cheryl Coker	65	Charlotte	VA	04.18.1992
3	55.65	Sue Gibson	56			1980
4	55.14	Lorri Larowe	60	Rabat	MOR	07.13.1989
5	53.63	Dominique Bilodeau	79	Winnipeg	MB	07.15.2005
6	49.16	Sandy Taylor	72	Abbotsford	BC	07.18.1997
7	48.90	Caroline Larose	78	Eugene	OR	04.24.2004
8	46.58	Sultana Frizell	84	Atlanta	GA	04.03.2004
9	45.90	Sylvia Gould	66			1987
10	44.21	Sara Collins	87	Ottawa	ON	05.28.2005

## Weight Throw

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#### Men

1	19.62	James Fahie	69	Princeton	NJ	03.07.1992
2	17.62	Brian McPhee	81	Syracuse	NY	02.22.2004
3	14.90	Thomas Nedow	98	Guelph	ON	02.16.2018
4	14.54	Corey Wingate	91	Ottawa	ON	02.21.2015
5	13.80	Stephen James	96	Ithaca	NY	02.11.2018
6	13.55	Patrick Arbour	88	Ottawa	ON	02.03.2007
7	13.41	Ryan Rowat	81	Ithaca	NY	02.09.2002
8	12.45	Tim Nedow	90	Joplin	MO	02.07.2009
9	11.95	Mathieu Tremblay	93	Ottawa	ON	12.08.2018
10	11.91	Alec Jeffrey	98	Canton	NY	12.01.2018

#### Women

1	23.61	Sultana Frizell	84	Anderson	IN	02.25.2017
2	18.46	Ashley Connell	94	Edmonton	AB	03.09.2017
3	18.04	Marie-Josée Le Jour	79	Ottawa	ON	02.24.2007
4	17.17	Cathy Griffin	69	Cambridge	MA	01.23.1993
5	15.87	Ty Coulter	98	Ottawa	ON	02.17.2018
6	15.45	Leanna Garcia	95	Windsor	ON	03.08.2018
7	15.31	Katie Klatt	95	Windsor	ON	01.09.2015

8	14.76	Grace MacMillan-Sayers	99	Ottawa	ON	01.19.2019
9	14.61	Dani Ferguson-Jamer	96	Sherbrooke	QC	02.24.2018
10	14.42	Christina Hertner	97	Cambridge	MA	02.01.2019

## Indoor Pentathlon

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### Women

1	3697	Michele Krech	86	Montreal	QC	01.26.2013
						9.28, 1.68, 10.54, 5.12, 2:16.32
2	3598	Tory Merrill	87	Sherbrooke	QC	03.10.2011
						8.98, 1.57 10.39, 5.17, 2:20.12
3	3528	Karla Scheleske-Shepard	82	Montreal	QC	01.26.2013
						9.31, 1.71, 11.32, 5.07, 2:35.91
4	3335	Johanna Dobransky	91	Sherbrooke	QC	03.10.2011
						9.71, 1.60, 9.84, 5.21, 2:29.70
5	3331	Emery Terrell	93	Montreal	QC	01.28.2012
						9.54, 1.63, 9.54, 5.25, 2:34.86
6	3282	Dayna Barrett	82	Pulham	WA	01.28.2005
						9.28, 1.55, 11.47, 5.06, 2:41.99
7	3134	Anna Stolle	93	Montreal	QC	01.28.2012
						9.84, 1.59, 9.73, 5.28, 2:29.04
8	3115	Emily Sprague	98	Ithaca	NY	02.03.2019
						9.34, 1.53, 8.33, 5.14, 2:37.59
9	3009	Svetlana Martynova	90	Brockport	NY	12.02.2016
						10.52, 1.43, 7.41, 5.13, 2:15.12
10	2935	Bridget Hayes	95	Montreal	QC	03.15.2014
						9.6, 1.39, 8.24, 4.58, 2:23.15

## Indoor Heptathlon

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### Men

1	5267	Telvin Tavernier	93	Edmonton	AB	03.09-10.2017
						7.33, 6.79, 12.44, 1.93, 8.78, 4.70, 2:51.75
2	5139	Patrick Arbour	88	Montreal	QC	02.26-27.2016
						7.46, 6.74, 14.46, 1.91, 8.53, 4.40, 3:07.17
3	4943	Phillip Frank	00	Ann Arbor	MI	02.01-02.2019
						7.13, 6.55, 10.30, 2.02, 8.85, 3.55, 2:47.14
4	4932	Jacob Powrie	93	Ithaca	NY	02.06-07.2016
						7.61, 6.58, 12.89, 1.91, 8.68, 3.70, 2:46.67
5	4927	Ryan Thomsen	98	Hillsdale	MI	02.01-02.2019
						7.54, 6.62, 11.24, 1.92, 8.82, 4.45, 2:58.49
6	4904	John Claude Van Biljon	95	Montreal	QC	01.25-26.2019



		<b>7.76, 6.42, 10.97, 1.90, 8.82, 4.65, 2:51.84</b>				
7	4792	Matthew Johnson	94	Ithaca	NY	02.03-04.2017
		7.54, 6.46, 10.80, 1.86, 9.32, 4.20, 2:42.91				
8	4708	Kevin Nault	94	Ithaca	NY	02.03-04.2018
		7.33, 6.66, 11.68, 1.80, 8.91, 3.80, 3:00.17				
9	4533	Toluwalope Makinde	93	Windsor	ON	02.23-24.2018
		7.22, 6.07, 10.44, 1.70, 8.60, 3.71, 2:56.88				
10	4466	Mark Chenery	88	Canton	NY	01.18-19.2014
		7.17, 6.76, 12.50, 1.87, 8.55, NH, 2:55.02				

## Heptathlon

### Women

1	5601	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				
2	5175	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				
3	5050	Kaleigh Hole	93	Ottawa	ON	07.04-05.2017
		15.22 (0.3), 1.67, 11.78, 26.53 (0.9), 5.27 (1.1), 33.91, 2:19.09				
4	5023	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				
5	4960	Kim Rapley	68	Sherbrooke	QU	08.01-02.1992
6	4958	Michele Krech	86	Tucson	AZ	04.10-11.2014
		15.01 (0.1), 1.58, 10.53, 25.92 (1.7), 5.38 (1.0), 28.44, 2:12.68				
7	4925	Karla Scheleske-Shepard	82	Zapopan	MEX	06.22-23.2013
		15.36 (-2.2), 1.79, 11.57, 27.93 (-1.3), 5.09 (NWI), 39.17, 2:30.64				
8	4891	Victoria Merrill	87	Ottawa	ON	07.15-16.2011
		14.96 (0.6), 1.51, 10.55, 26.18 (0.4), 5.47 (2.4), 32.18, 2:18.54				
9	4814	Karen Hanna	64	Ottawa	ON	08.02-03.1985
		15.17 (-2.0), 1.61, 12.03, 26.26 (0.1), 4.93 (2.1), 31.46, 2:24.34				
10	4578	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				

## Decathlon

### Men

1	7593	Patrick Arbour	88	Tucson	AZ	04.04-05.2013
		11.55 (-0.2), 7.01 (0.0), 15.32, 1.87, 52.25, 15.00 (-2.0), 50.82, 4.40, 65.32, 5:03.62				
2	7153	Mark Chenery	88	Calgary	AB	06.22-23.2011
		11.11 (0.4), 6.95 (-0.6), 11.93, 2.00, 50.01, 15.06 (-1.0), 42.36, 3.60, 50.42, 4:46.90				
3	6995	Reid Gustavson	88	Sherbrooke	QC	07.30-31.2011
		11.36, 6.55, 13.55, 1.95, 49.24 / 16.06, 33.93, 4.10, 53.68, 4:46.70				
4	6788	John Claude Van Biljon	95	Ottawa	ON	07.03-04.2018

	11.57 (1.5), 6.23 (1.0), 12.06, 1.91, 51.30, 15.71 (-1.7), 39.28, 4.55, 44.94, 4:49.99				
5	6764 *Junior Taylor Corney	91	Port of Spain	TRI	08.01-02.2009
	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				
6	6719 Telvin Tavernier	93	Ottawa	ON	07.03-04.2018
	11.58 (1.5), 6.71 (1.5), 12.44, 1.85, 52.65, 16.64 (0.1), 40.90, 4.35, 43.46, 4:39.41				
7	6708 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				
8	6485 Matthew Johnson	94	Ottawa	ON	06.17-18.2016
	11.69 (0.9), 6.29 (-0.2), 10.01, 1.85, 51.32, 16.90 (0.6), 35.06, 4.15, 48.98, 4:24.89				
9	6480 Ryan Thomsen	98	Azusa	CA	04.19-20.2018
	11.73 (-0.9), 6.55 (0.0), 10.63, 1.89, 50.43, 15.38 (-0.9), 29.69, 4.40, 38.93, 4:49.41				
10	6472 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				