

Ottawa Lions Track & Field Club

Records

(as of May 29, 2019)

MEN

60 Meters	6.64		Michael Nicolini	78	Sherbrooke	QU	02.27.1999
100 Meters	10.10	1.5	Glenroy Gilbert	68	Victoria	BC	08.22.1994
150 Meters	15.56		Oluseyi Smith	87	Ottawa	ON	02.13.2010
200 Meters	20.37	0.7	Glenroy Gilbert	68	New Orleans	LA	06.02.1993
300 Meters	33.20		Michael Robertson	89	Ottawa	ON	07.16.2014
400 Meters	46.29		Michael Robertson	89	Ottawa	ON	05.31.2014
600 Meters	1:17.45	*dome	Sebastian Saville	94	Ottawa	ON	01.20.2018
800 Meters	1:47.24		Rick Brant	67	Montreal	QU	08.04.1987
1000 Meters	2:22.46	*indoor	Mohamed Souleiman	93	New York	NY	02.07.2014
1500 Meters	3:36.36		Steve Agar	68	Stuttgart	GER	07.10.1998
Mile	3:57.37		Steve Agar	68	Portland	OR	05.11.1997
3000 Meters	7:48.33		Steve Agar	68	Roverto	ITA	08.25.1998
5000 Meters	13:25.16		Sean Kaley	75	Victoria	BC	08.11.2000
10000 Meters	28:01.06		Sean Kaley	75	Palo Alto	CA	05.06.2000
Marathon	2:23:08		Stephane Gamache	75	Sacramento	CA	12.03.2000
5000m Walk	22:22.10		Dan Broderick	64	Downsview	ON	03.19.1983
20km Walk	1:40.37.4		Jeff Cassin	68	Coquitlam	BC	08.14.1992
60m Hurdles	7.70		Charles Allen	77	Boston	MA	01.26.2008
110m Hurdles	13.43	1.9	Sekou Kaba	90	Edmonton	AB	07.04.2015

110m Hurdles 39"	13.92	1.3	Sekou Kaba	90	Ottawa	ON	06.21.2008
	13.92	0.7	Oluwasegun Makinde	91	Moncton	NB	07.02.2010
300m Hurdles	37.45		Craig Hutton	64	Ottawa	ON	08.15.1990
400m Hurdles	51.02		Craig Hutton	64	Provo	UT	05.24.1990
1500m Steeplechase	4:17.91		Kevin Lee	73	Ottawa	ON	07.28.1993
2000m Steeplechase	5:50.94		Alain Boucher	61	Ottawa	ON	06.27.1990
3000m Steeplechase	8:33.65		Alain Boucher	61	Sydney	AUS	01.14.1990
4x100m	40.15		Senior Men Michael Robertson, Oluseyi Smith, Oluwasegun Makinde, Richard Adu-Bobie		Ottawa	ON	07.15.2011
4x400m	3:11.02		Senior Men Devin Biocchi (48.2), Gord Frenke (48.0), Michael Robertson (46.4), Denray Jean-Jacques (48.4)		Raleigh	NC	05.16.2014
High Jump	2.25		Cory Siermachesky	69	Burnaby	BC	05.31.1992
Pole Vault	4.87		Rob Lindsay	66	Nassau	BAH	08.24.1984
	4.87		Rob Lindsay	66	Etobicoke	ON	06.07.1985
Long Jump	8.01	1.9	Glenroy Gilbert	68	Ottawa	ON	08.06.1988
Triple Jump	15.75	1.6	Glenroy Gilbert	68	Etobicoke	ON	05.14.1988
Shot Put	21.33	*indoor	Tim Nedow	91	Stockholm	SWE	02.17.2016
	21.18		Tim Nedow	91	Long Beach	CA	04.20.2019
Discus	61.49		Tim Nedow	91	North York	ON	07.23.2015
Hammer	65.34		James Fahie	68	Montreal	QU	07.13.1995
Javelin	74.64	#	John Yorga		Tillsonburg	ON	08.10.1979
	71.02		Brandon Heroux	90	Moncton	NB	06.22.2013
Weight Throw	19.62		James Fahie	69	Princeton	NY	03.07.1992
Decathlon	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				

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

WOMEN

60 Meters	7.43		Esther Akinsulie	84	Montreal	QC	01.27.2012
100 Meters	11.49	0.5	Farah Jacques	90	Miami	FL	06.04.2016
150 Meters	17.86	*dome	Esther Akinsulie	84	Ottawa	ON	12.02.2005
200 Meters	23.21	0.3	Farah Jacques	90	Gainesville	FL	03.31.2016
300 Meters	37.03		Esther Akinsulie	84	Dusseldorf	GER	08.10.2009
400 Meters	51.70		Esther Akinsulie	84	San Luis	MEX	07.09.2009
600 Meters	1:27.95	*indoor	Melissa Bishop	88	New York	NY	02.06.2013
800 Meters	1:57.01	*	Melissa Bishop	88	Monaco	MON	07.21.2017
	2:00.19	*	Melissa Bishop	88	Glasgow	SCO	02.20.2016
1000 Meters	2:38.75		Melissa Bishop	88	Amsterdam	NED	08.22.2014
1500 Meters	4:09.36		Melissa Bishop-Nriagu	88	Windsor	ON	05.18.2019
Mile	4:37.63		Nathalie Cote	73	Falmouth	ME	08.16.1997
3000 Meters	9:08.05		Sarah Dillabaugh	73	Dedham	MA	06.27.2000
5000 Meters	15:34.33		Sarah Dillabaugh	73	Montreal	QU	07.07.2000
10000 Meters	33:15.35		Lisa Presedo	65	Montreal	QU	07.26.1991
Marathon	2:39:56		Lisa Presedo	65	Toronto	ON	09.09.1990
5000m Walk	22:01.09		Ann Peel	60	Zagreb	YUG	07.17.1987
10,000m Walk	45:06	r	Ann Peel	60	New York	NY	05.03.1987
60m Hurdles	8.12		Lesley Tashlin	69	Atlanta	GA	03.03.1996
100m Hurdles	12.96	0.7	Lesley Tashlin	69	Baton Rouge	LA	05.11.1996
300m Hurdles	40.81		Rosey Edeh	66	Ottawa	ON	06.26.1991
400m Hurdles	56.10		Rosey Edeh	66	Provo	UT	06.02.1989
1500m Steeplechase	5:11.83		Dana Buchanan	84	Ottawa	ON	07.26.2006
2000m Steeplechase	6:36.05		Danelle Woods	89	Abbotsford	BC	07.29.2007
3000m Steeplechase	10:13.98		Danelle Woods	89	Sao Paulo	BRA	07.07.2007
4x100m	47.27	**	Senior Women Christiane Lela, Esther Akinsulie, Lauren Seibel, Rachel Aubry		Windsor	ON	07.06.2008

4x400m	3:44.58		Senior Women		Windsor	ON	06.18.2017
			Lauren Gale, Erinn Stenman-Fahey, Madison Clarke, Sharelle Samuel				
High Jump	1.89		Leslie Estwick	60	Downsview	ON	06.22.1991
Pole Vault	4.06		Patricia Gauthier	85	Northridge	CA	05.30.2008
Long Jump	6.30	0.0	Divya Biswal	93	Azusa	CA	04.19.2019
Triple Jump	13.38	0.0	Divya Biswal	93	Long Beach	CA	04.20.2019
Shot Put	15.83	*indoor	Cathy Griffin	69	Cambridge	MA	01.23.1993
	15.82		Sultana Frizell	84	Ottawa	ON	06.17.2006
Discus	56.86		Cathy Griffin	69	Winnipeg	MB	06.11.1993
Hammer	75.73	*	Sultana Frizell	84	Tucson	AZ	05.22.2014
Javelin	59.30	##	Louise Perreault	68	Phoenix	AZ	04.00.1991
	57.64		Cheryl Coker	65	Charlotte	VA	04.18.1992
Weight Throw	23.61	*	Sultana Frizell	84	Anderson	IN	02.25.2017
Heptathlon	5601	(*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				

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Canadian Record

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National Champions

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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.