

100m

SENIOR	O	9.91	Linford Christie	60	INT-ENG	Victoria, BC	23.08.1994
	N	10.0h	Harry Jerome	40	BC-VOS	Saskatoon, SK	15.07.1960
JUNIOR	O	10.37	Carlton Chambers	75	INT-ENG	Victoria, BC	29.07.1984
	N	10.38	Nathan Taylor	83	BC-CXVC	London, ON	20.08.2001
YOUTH	O/N	10.41	Peter Ogilvie	72	BC-VOCA	Ottawa, ON	08.06.1989
MIDGET	O/N	10.91	Peter Ogilvie	72	BC-VOCA	Springfield, OR	18.07.1987

200m

SENIOR	O	19.97	Frankie Fredricks	67	INT-NAM	Victoria, BC	26.08.1994
	N	20.46	Peter Ogilvie	72	CAN-VOCA	Ingolstadt, GER	19.07.1992
JUNIOR	O/N	20.62(a)	Peter Ogilvie	72	CAN-VOCA	Provo, UT	21.05.1991
YOUTH	O/N	20.94(a)	Peter Ogilvie	72	CAN-VOCA	Provo, UT	27.05.1989
MIDGET	O/N	21.96	Peter Ogilvie	72	BC-VOCA	Springfield, OR	19.07.1987

300m¹

MIDGET	O/N	35.49	Jake Hanna	97	BC-OATF	Charlottetown, PE	08.18.2012
MIDGET	O/N	37.11	Jacob Houlton	95	BC-LANG	Ottawa, ON	08.08.2010

400m

SENIOR	O/N	44.86	Shane Niemi	78	CAN-KAML	Ottawa, ON	21.07.2001
JUNIOR	O/N	45.83	Shane Niemi	78	CAN-KAML	Havana, CUB	19.07.1997
YOUTH	O/N	46.69	Shane Niemi	78	BC-KAML	Sanitago, CHI	02.09.1995
MIDGET	O/N	49.21	Brendon Restall	94	BC-PATH	Burnaby, BC	06.06.2009

800m

SENIOR	O/N	1:43.68	Gary Reed	81	BC-PATH	Monaco, MON	29.07.2008
JUNIOR	O/N	1:47.33	Zach Whitmarsh	77	CAN-VTFC	Sydney, AUS	24.08.1997
YOUTH	O/N	1:50.28	Kevin Robinson	68	BC-VRTC	Burnaby, BC	27.07.1985
MIDGET	O	1:54.43	Kevin Sullivan	74	NTL-ON	Victoria, BC	06.08.1989
	N	1:55.51	Kevin Robinson	68	BC-VRTC	Eugene, OR	10.07.1983

1000m

YOUTH	O/N	2:49.88	James Turner	93	BC-OACS	Ottawa, ON	08.08.2010
MIDGET	O/N	2:50.48	Jemal Reta	97	BC-NWSA	Surrey, BC	06.23.2012
MIDGET	O/N	2:54.55	James Hellner	96	BC-LANG	Langley, BC	25.06.2011

1200m²

MIDGET	O/N	3:14.10	Thomas Oxland	96	BC-OTFC	Ottawa, ON	07.08.2011
--------	-----	---------	---------------	----	---------	------------	------------

1500m							
SENIOR	O/N	3:34.98	Graham Hood	72	PACSPORT	Nikaia, FRA	08.07.2001
JUNIOR	O	3:41.58	Kevin Sullivan	74	NTL-ON	Coquitlam, BC	01.08.1993
	N	3:42.80	Ryan Hayden	82	BC-KJAK	Burnaby, BC	05.08.2000
YOUTH	O/N	3:45.90	Ryan Hayden	82	BC-KJAK	Burnaby, BC	27.07.1999
MIDGET	O/N	3:59.80	Kevin Robinson	68	BC-VRTC	Burnaby, BC	24.07.1983

Mile							
SENIOR	O	3:52.34	Mike Hillardt	61	INT-AUS	Burnaby, BC	16.07.1984
	N	3:54.62	Graham Hood	72	BC-UNAT	Eugene, OR	27.05.2001
JUNIOR	O/N	4:01.47	Ryan Hayden	82	BC-KJAK	Philadelphia, PA	14.05.2001
YOUTH	O/N	4:12.34	Kevin Robinson	68	BC-VRTC	Burnaby, BC	18.06.1985
MIDGET	O/N	4:22.2h	Richard Ritchie	51	BC-VOCA	Vancouver, BC	24.08.1966

2000m							
MIDGET	O/N	5:48.33	Nathan Wadhvani	96	BC-GOLD	Ottawa, ON	07.08.2011

3000m							
SENIOR	O/N	7:43.22	Jeff Schiebler	73	BC-KJAK	Lausanne, SUI	25.08.1998
JUNIOR	O/N	8:12.3h	Jeff Schiebler	73	BC-KJAK	Richmond, BC	09.05.1992
YOUTH	O/N	8:20.00	Justin Marpole-Bird	88	BC-TBIR	Burnaby, BC	08.02.2005
MIDGET	O/N	8:35.78	Jeff Schiebler	73	BC-UNAT	Richmond, BC	17.07.1988

5000m							
SENIOR	O/N	13:13.96	Jeff Schiebler	73	BC-KJAK	Berlin, GER	01.09.1998
JUNIOR	O	14:11.72	Toshiyuki Hayata	68	INT-JPN	Richmond, BC	12.07.1987
	N	14:13.48	Jeff Schiebler	73	BC-KJAK	Montreal, QC	15.06.1992
YOUTH	O	14:29.69	Greg Anderson	68	NTL-ON	Burnaby, BC	14.07.1985
	N	14:29.69	Jeff Schiebler	73	CAN-KJAK	Columbus, OH	01.06.1990

10,000m							
SENIOR	O/N	26:36.01	Jeff Schiebler	73	BC-KJAK	Palo Alto, CA	04.05.2001
JUNIOR	O	29:31.24	Kenji Ayabe	63	INT-JPN	Richmond, BC	11.07.1987
	N	29:56.70	Jeff Schiebler	73	BC-KJAK	Burnaby, BC	27.06.1991
YOUTH	O/N	30:15.25	Jeff Schiebler	73	BC-KJAK	Burnaby, BC	08.06.1990

Marathon							
SENIOR	O/N	2:01:56	Peter Butler	58	BC-VRTC	Sacramento, CA	08.12.1985

1500mSC							
JUNIOR	O/N	4:12.98	Christopher Winter	86	BC-NORW	Abbotsford, BC	09.08.2003
YOUTH	O/N	4:12.98	Christopher Winter	86	BC-NORW	Abbotsford, BC	09.08.2003
MIDGET	O/N	4:19.60	Christopher Winter	86	BC-NORW	Langley, BC	20.07.2001

1500mSC³

MIDGET	O/N	4:20.19	Nathan Wadhvani	96	BC-GOLD	Coquitlam, BC	15.07.2011
--------	-----	---------	-----------------	----	---------	---------------	------------

2000mSC

JUNIOR	O	5:38.67	Rick Mulvey	66	INT-USA	Burnaby, BC	26.07.1985
	N	5:43.4h	Brian Blamey	57	BC-VCIM	St. John's, NL	20.08.1977
YOUTH	O/N	5:51.47	Deon Clifford	94	CAN-OATF	Lille, FRA	06.07.2011

3000mSC

SENIOR	O/N	8:12.58	Graeme Fell	59	CAN-VRTC	Koblenz, GER	28.08.1985
JUNIOR	O	8:37.83	Alexandre Genest	86	NTL-QC	Burnaby, BC	14.06.2005
	N	-	-	-	-	-	-
YOUTH	O/N	10:31.61	Roberto Phillips	88	BC-NORW	Abbotsford, BC	25.06.2005

100m Hurdles

MIDGET	O/N	13.58 (-1.1)	Nick Blackburn	93	BC-CXVC	Kelowna, BC	25.07.2008
--------	-----	--------------	----------------	----	---------	-------------	------------

110m Hurdles-39"

JUNIOR	O/N	14.84	Dan Mezheritsky	84	BC-TBIR	Burnaby, BC	31.05.2002
YOUTH	O/N	14.92	Kwenu Jon Turkson	80	BC-LASR	Abbotsford, BC	13.07.1997

110m Hurdles

SENIOR	O	13.08	Colin Jackson	67	INT-WAL	Victoria, BC	23.08.1994
	N	13.68	Tim Kroeker	71	BC-VOCA	Flagstaff, AZ	14.05.1994
JUNIOR	O	13.87	James Purvis	66	INT-USA	Burnaby, BC	26.07.1985
	N	14.40	Tim Kroeker	71	CAN-VOCA	Columbus, OH	28.07.1990
YOUTH	O/N	14.46 (1.8)	Marc Noble	85	BC-NORW	Sherbrooke, QC	17.08.2002
MIDGET	O/N	14.8h	-	-	-	-	-

200m Hurdles-0.762m⁴

MIDGET	O/N	24.40	Jake Hannah	97	BC-OATF	Charlottetown, PE	08.18.2012
MIDGET	O/N	25.34	Ethan Strome	96	BC-NWSA	Ottawa, ON	07.08.2011

300m Hurdles

MIDGET	O/N	38.49	Josh Guggenheimer	82	BC-PGTF	Kamloops, BC	13.07.1997
--------	-----	-------	-------------------	----	---------	--------------	------------

300m Hurdles-0.84m⁵

YOUTH	O/N	38.38	Sebastian Adugalski	95	BC-OATF	Charlottetown, PE	08.19.2012
YOUTH	O/N	38.53	Nick Blackburn	93	BC-CXVC	Ottawa, ON	08.08.2010

400m Hurdles

SENIOR	O	49.46	Bernie Holloway	61	INT-USA	Burnaby, BC	10.06.1986
	N	49.83	Lloyd Guss	59	CAN-KJAK	Provo, UT	25.08.1985
JUNIOR	O	50.21	Patrick McGhee	66	INT-USA	Burnaby, BC	27.07.1985
	N	51.97	Lloyd Guss	59	BC-KJAK	Etobicoke, ON	28.07.1978
YOUTH	O/N	53.02	Josh Guggenheimer	81	BC-PGTF	Prince George, BC	15.08.1998
MIDGET	O/N	-	-	-	-	-	-

1500m Racewalk – Track

YOUTH	O/N	6:07.94	Evan Dunfee	90	BC KJAK	Burnaby, BC	04.07.2006
MIDGET	O/N	6:41.40	Evan Dunfee	90	BC-KJAK	Richmond, BC	06.12.2005

3000m Racewalk – Track

YOUTH	O/N	13:33.87	Evan Dunfee	90	BC-KJAK	Burnaby, BC	06.27.2006
-------	-----	----------	-------------	----	---------	-------------	------------

5000m Racewalk – Track

SENIOR	O/N	18:45.64	Inaki Gomez	88	BC-WALK	Sydney, AUS	02.18.2012
SENIOR	O/N	19:19.44	Inaki Gomez	88	BC-WALK	Vancouver, BC	26.03.2011
JUNIOR	O/N	19:46.62	Benjamin Thorne	93	BC-WALK	Coquitlam, BC	03.27.2011
YOUTH	O/N	22:45.56	Evan Dunfee	90	BC-KJAK	Sherwood Park, AB	09.08.2007
MIDGET	O/N	27:44.23	Evan Dunfee	90	BC-KJAK	Richmond, BC	06.12.2005

10,000m Racewalk – Track

SENIOR	O/N	39:55.52	Evan Dunfee	90	BC-WALK	Coquitlam, BC	07.15.2012
SENIOR	O/N	40:01.58	Inaki Gomez	88	BC-WALK	Coquitlam, BC	07.17.2011
JUNIOR	O/N	46:30.1h	Jim Heys	81	BC-UNAT	Pittsburgh, PA	29.04.2000

20,000m Racewalk – Track

SENIOR	O/N	1:26:15.32	Evan Dunfee	90	BC-WALK	Guadalajara, MEX	07.08.2012
---------------	------------	-------------------	--------------------	-----------	----------------	-------------------------	-------------------

20Km Racewalk – Road

SENIOR	O/N	1:28:58	Inaki Gomez	88	BC-WALK	London, GBR	08.04.2012
SENIOR	O/N	1:24:48.00	Inaki Gomez	88	BC-WALK	Coquitlam, BC	06.22.2010

50Km Racewalk – Road

SENIOR	O/N	3:59.58	Evan Dunfee	90	BC-WALK	Valley Cottage, USA	10.28.2012
---------------	------------	----------------	--------------------	-----------	----------------	----------------------------	-------------------

High Jump

SENIOR	O/N	T 2.31m	Michael Mason	86	BC-VRTC	Baie Mahault, GUA	05.01.2012
SENIOR	O	T 2.31m	Brent Harken	61	INT-USA	Burnaby, BC	05.06.1988
JUNIOR	O/N	2.21m	Michael Mason	86	BC-VRTC	Grosseto, ITA	15.07.2004
YOUTH	O/N	2.17m	Django Lovett	92	CAN-VRTC	Sudtiro, ITA	08.07.2009
MIDGET	O/N	1.96m	Micheal Mason	86	BC-OTFC	Langley, BC	20.07.2001
	O/N	1.96m	Shawn Swartz	89	BC-COQC	Abbotsford, BC	16.07.2004

Pole Vault

SENIOR	O	5.75m	Kory Tarpenning	62	INT-USA	Burnaby, BC	31.05.1992
	N	5.35m	Owen Clements	65	BC-VFTC	Abbotsford, BC	13.07.1996
JUNIOR	O/N	4.95m	Ken Wenman	55	BC-SFTC	Edmonton, BC	13.08.1974
YOUTH	O/N	4.75m	Mathew Clifford	84	BC-VRTC	Calgary, AB	12.08.2000
MIDGET	O/N	3.95m	Mathew Clifford	84	BC-UNAT	Maple Ridge, BC	17.07.1998

Long Jump

SENIOR	O	7.90m	Eric Metcalf	68	INT-USA	Richmond, BC	11.07.1987
	N	7.80m	Mike Mason	48	BC-VOCA	Walnut, CA	01.04.1972
JUNIOR	O	7.90m	Eric Metcalf	68	INT-USA	Richmond, BC	11.07.1987
	N	7.55m	Craig Taylor	60	-	-	-
YOUTH	O/N	7.25m	Shane Niemi	78	BC-KAML	Ottawa, ON	06.08.1994
MIDGET	O/N	6.82m	Jared Heldman	92	BC-VRTC	Oromocto, NB	12.08.2007

Triple Jump

SENIOR	O	16.91m	Joseph Taiwo	59	INT-NGR	Burnaby, BC	08.06.1988
	N	15.64m	Hugh Maguire	63	BC-SFTC	Victoria, BC	30.07.1994
JUNIOR	O	15.88m	Marcus Hooks	-	INT-USA	Richmond, BC	12.07.1987
	N	14.75m	Tim Moran	74	BC-KJAK	Kamloops, BC	26.06.1993
YOUTH	O/N	14.55m	Nicholas Fyffe	94	BC-KJAK	Ottawa, ON	04.06.2011
MIDGET	O/N	13.73m	Nicholas Fyffe	94	BC-KJAK	Sherbrooke, QC	09.08.2009

Shot Put

SENIOR	O/N	(7.26K)	22.21m	Dylan Armstrong	81	BC-KAML	Calgary, AB	28.06.2011
JUNIOR	O	(7.26K)	17.00m	Cottrell Hunter	68	INT-USA	Richmond, BC	12.07.1987
	N	(7.26K)	16.92m	Jeffery Wallis	83	BC-NTFC	London, ON	24.08.2001
JUNIOR	O/N	(6K)	17.37m	Jeffery Wallis	83	BC-NTFC	Langley, BC	15.06.2002
YOUTH	O/N	(5K)	18.20	Tom Wilcox	92	BC-COQC	Kamloops, BC	12.07.2008
YOUTH	O/N	(12LB)	17.84m	Stu Hunnings	48	BC-VOS	Trail, BC	04.09.1965
MIDGET	O/N	(4K)	18.70m	Delore Lakusta	68	BC-SFTC	Maple Ridge, BC	31.07.1983

Discus								
SENIOR	O	(2K)	63.93m	Jason Tunks	75	NTL-ON	Victoria, BC	10.07.2004
	N	(2K)	63.47m	Dariusz Slowik	77	BC-KJAK	Esbjerg, DEN	20.07.2006
JUNIOR	O/N	(2K)	54.60m	Dylan Armstrong	81	CAN-KAML	Montreal, QC	18.07.2000
JUNIOR	O/N	(1.75K)	53.50m	Adam Keenan	93	BC-PATH	Coquitlam, BC	07.16.2011
JUNIOR	O/N	(1.61K)	56.17m	Adam Keenan	93	BC-PATH	Burnaby, BC	03.06.2011
YOUTH	O/N	(1.60K)	52.90m	Angus Taylor	90	BC-KJAK	Walnut, CA	14.04.2007
YOUTH	O/N	(1.50K)	57.67m	Adam Keenan	93	BC-PATH	Duncan, BC	06.13.2010
MIDGET	O	(1.62K)	46.36m	-	-	-	-	-
	N	(1.62K)	43.96m	Janne Nikula	72	BC-COQC	Nanaimo, BC	02.08.1987
MIDGET	O/N	(1K)	59.38m	Dylan Armstrong	81	BC-KAML	Langley, BC	14.06.1996

Hammer								
SENIOR	O	(7.26K)	79.41m	Lance Deal	61	INT-USA	Burnaby, BC	04.06.2000
	N	(7.26K)	73.79m	Derek Woodske	76	BC-UNAT	Bloomington, IN	06.11.2005
JUNIOR	O/N	(7.26K)	70.66m	Dylan Armstrong	81	BC-KAML	Flagstaff, AZ	03.07.2000
JUNIOR	O/N	(6K)	74.11m	Adam Keenan	81	BC-PATH	Kamloops, BC	09.22.2012
JUNIOR	O/N	(6K)	66.62m	Adam Keenan	93	BC-PATH	Miramar, FL	24.07.2011
YOUTH	O/N	(12LB)	71.36m	Dylan Armstong	81	BC-KAML	Sacramento, CA	13.06.1998
YOUTH	O/N	(5K)	67.45m	Trey Henderson	89	BC-KJAK	Burnaby, BC	08.11.2006
YOUTH	O/N	(6K)	56.72m	Trey Henderson	89	BC-KJAK	Abbotsford, BC	25.06.2005
MIDGET	O/N	(12LB)	54.76m	Dylan Armstrong	81	BC-KAML	Trail, BC	27.07.1996
MIDGET	O/N	(4K)	62.78m	Trey Henderson	89	BC-KJAK	Kamloops, BC	23.07.2004

Javelin ⁶								
SENIOR	O	(800g)	84.58m	Tom Pukstys	68	INT-USA	Port Alberni, BC	02.06.1993
SENIOR	N*	(800g)	81.21m	Curtis Moss	87	BC-KJAK	Victoria, BC	06.13.2012
	N	(800g)	79.52m	Erin Bevans	70	BC-COQC	Wanganui, NZL	08.03.1998
JUNIOR	O/N	(800g)	73.50m	Cody Parker	92	CAN-CXVC	Miramar, FL	23.07.2011
YOUTH	O	(800g)	60.50m	Pascal LaFond		NTL-QC	Victoria, BC	06.08.1989
	N	(800g)	60.98m	Kyle Nielsen	89	BC-COQC	Burnaby, BC	03.06.2006
YOUTH	O/N	(700g)	68.29m	Curtis Moss	87	BC-CENT	Sudbury, ON	08.08.2004
MIDGET	O/N	(800g)	50.30m	Mike Dice	73	BC-CVAC	Victoria, BC	06.05.1988
MIDGET	O/N	(600g)	55.88m	Kris Burleigh	90	BC-KJAK	Surrey, BC	04.23.2005

-- *pending paperwork --

NOTES:

Best performances Athletics Canada Rule # 311 – Canadian Best Performances for men and women are kept for the following: Senior & Junior Road Events – 10000m, 20000m, Marathon, Half Marathon (21.1Km) and for Walks – 10Km, 20Km, 30Km and 50Km.

FOOTNOTES:

1. Event added in 2010
2. Event added in 2010
3. Event added in 2010
4. Event added in 2010
5. Event added in 2010
6. Rule Change (IAAF) 01/01/1999

100m

SENIOR	O/N	11.03	Philomena Mensah	75	CAN-COQC	Sierra Nevada, ESP	10.08.1999
JUNIOR	O	11.3h	Caryl Smith	69	INT-USA	Richmond, BC	11.07.1987
	N	11.3h	Patty Loverock	53	BC-VOCA	Richmond, BC	25.06.1971
YOUTH	O/N	11.66	Krysha Bayley	84	BC-COQC	Edmonton, AB	22.06.2001
MIDGET	O/N	11.85	Shai-Anne Davis	93	BC-KJAK	Sherbrooke, QC	09.08.2008

200m

SENIOR	O	22.35	Merlene Ottey-Paige	60	INT-JAM	Burnaby, BC	16.07.1984
	N	22.6h	Patty Loverock	53	BC-VOCA	Quebec City, QC	10.08.1976
JUNIOR	O/N	23.3h	Stephanie Berto	53	BC-VOCA	Winnipeg, MB	22.08.1971
YOUTH	O/N	24.00	Krysha Bayley	84	BC-COQC	Burnaby, BC	08.07.2000
MIDGET	O/N	24.50	Krysha Bayley	84	BC-COQC	Burnaby, BC	04.07.1999

300m¹

MIDGET	O/N*	39.69	Raquel Tjernagel	97	BC-COQC	Coquitlam, BC	06.10.2012
MIDGET	O/N	39.90	Elisa Joyce	95	BC-UNAT	Langley, BC	25.07.2010

-- *pending paper work --

400m

SENIOR	O	50.38	Catherine Freeman	73	INT-AUS	Victoria, BC	23.08.1994
	N	50.57	Charmaine Crooks	62	BC-KJAK	Montreal, QC	04.08.1990
JUNIOR	O/N	51.88	Camille Noel	74	BC-UCLA	Berkeley, CA	21.05.1993
YOUTH	O/N	53.11	Camille Noel	74	BC-LASR	Provo, UT	25.05.1991
MIDGET	O/N	54.79	Camille Noel	74	CAN-LASR	Santa Fe, ARG	23.06.1989

800m

SENIOR	O/N	1:58.39	Diane Cummins	74	BC-PACS	Rieti, ITA	02.09.2001
JUNIOR	O/N	2:05.19	Helen Crofts	91	BC-UNAT	Port of Spain, TRI	02.08.2009
YOUTH	O/N	2:06.46	Heather deGeest	77	BC-VRTC	Victoria, BC	04.06.1994
MIDGET	O/N	2:09.93	Malindi Elmore	80	BC-KFTC	Kelowna, BC	01.07.1995

1000m

SENIOR	O/N	2:34.14	Diane Cummins	74	BC-PACS	Rieti, ITA	02.09.2001
--------	-----	---------	---------------	----	---------	------------	------------

1200m²

MIDGET	O/N	3:36.07	Miryam Bassett	96	BC-OTFC	Ottawa, ON	07.08.2011
--------	-----	---------	----------------	----	---------	------------	------------

1500m

SENIOR	O/N	4:00.27	Lynn Williams	60	BC-VRTC	Brussels, BEL	30.08.1985
JUNIOR	O/N	4:15.40	Lori Durward	72	-	Montreal, QC	13.06.1991
YOUTH	O/N	4:18.7h	Heather deGeest	77	BC-VRTC	Seattle, WA	07.07.1994
MIDGET	O/N	4:26.33	Malindi Elmore	80	BC-KFTC	Kelowna, BC	01.07.1995

Mile							
SENIOR	O	4:22.30	Mary Decker Slaney	58	INT-USA	Burnaby, BC	18.06.1985
	N	4:23.28	Leah Pells	64	BC-UNAT	Zurich, SUI	17.08.1996
JUNIOR	O	4:34.99	Sharon Dalton	68	INT-AUS	Burnaby, BC	18.06.1985
	N	4:56.4h	Brenda Batchelor	56	BC-KJAK	Portland, OR	09.06.1973
YOUTH	O/N	5:05.6h	Cheryl Spowage	53	BC-KJAK	Nanaimo, BC	02.08.1968

2000m							
SENIOR	O/N	5:39.90	Debbie Scott Bowker	58	BC-VRTC	Gateshead, GBR	05.08.1986
MIDGET ³	O/N	6:19.07	Tanya Humeniuk	95	BC-UNAT	Ottawa, ON	08.08.2010

3000m							
SENIOR	O/N	8:32.17	Angela Chalmers	63	BC-VRTC	Victoria, BC	23.08.1994
JUNIOR	O/N	9:12.39	Brenda Shackleton	67	BC-KTFC	St. John, NB	16.08.1985
YOUTH	O/N	9:22.9h	Tonya Todd	71	BC-ARTC	Richmond, BC	12.07.1987
MIDGET	O/N	9:42.8h	Caroline Wallis	63	BC-MGEE	Burnaby, BC	28.04.1978

5000m							
SENIOR	O/N	14:54.98	Courtney Babcock	72	BC-MTWT	Paris, FRA	30.08.2003
JUNIOR	O	15:52.08	Danette Doetzel	86	NL-SASK	Victoria, BC	10.06.2005
	N	16:45.6h	Margaret Butler	78	BC-KJAK	Palo Alto, CA	23.03.1997

10,000m							
SENIOR	O/N	31:44.74	Courtney Babcock	72	BC-MTWT	Palo Alto, CA	02.05.2003
JUNIOR	O	35:33.5h	Maria Del Carmen Diaz	-	INT-MX	Richmond, BC	11.07.1987
	N	36:58.6h	Frederique Schmidt	67	BC-KJAK	Burnaby, BC	26.06.1985

Marathon							
SENIOR	O/N	2:34:43	Tina Connelly	70	BC-NIKE	Sacramento, CA	04.12.1999

1500mSC							
YOUTH	O/N	5:03.71	Melissa Appelt	87	BC-SFTC	Burnaby, BC	04.06.2004

1500mSC ⁴							
YOUTH	O/N	4:51.41	Tanya Humeniuk	95	BC-UNAT	Langley, BC	07.25.2010

2000mSC ⁵							
JUNIOR	O/N	6:45.02	Alycia Butterworth	92	BC-OTFC	Winnipeg, MB	10.07.2011
YOUTH	O/N	6:55.30	Regan Yee	95	BC-BVAS	Charlottetown, PE	08.19.2012
YOUTH	O/N	6:59.50	Katelyn Hayward	94	BC-PATH	Victoria, BC	06.19.2010
MIDGET	O/N	7:26.72	Tanya Humeniuk	95	BC-UNAT	Surrey, BC	12.05.2011

3000mSC

SENIOR	O/N	9:54.70	Chantelle Groenewoud	89	BC-UNAT	Stanford, CA	04.28.2012
SENIOR	O/N	10:04.00	Chantelle Groenewoud	89	BC-UNAT	Des Moines, IA	09.06.2011

80m Hurdles

YOUTH	O/N	11.4h	Maureen Donaldson	58	BC-WCTC	Victoria, BC	22.06.1974
MIDGET	O/N	11.50	Michaela Colluney	72	BC-SFTC	Bellingham, WA	05.07.1986

100m Hurdles

SENIOR	O	12.60	Perdita Felicien	80	NTL-ONT	Victoria, BC	09.07.2004
	N	13.60	Ruky Abdulai	85	BC-VRTC	Daegu, KOR	29.08.2011
JUNIOR	O/N	13.67	Yvonne Mensah	85	BC-KJAK	Des Moines, IA	23.04.2004
YOUTH	O/N	14.19 (1.0)	Christabel Nettey	91	BC-KJAK	Kelowna, BC	08.06.2008

100m Hurdles (30")

YOUTH	O/N	13.49 (1.2)	Christabel Nettey	91	CAN-KJAK	Ostrava, CZE	14.07.2007
-------	-----	-------------	-------------------	----	----------	--------------	------------

200m Hurdles

MIDGET	O/N	27.92	Michaela Colluney	72	BC-SFTC	Eugene, OR	19.07.1986
--------	-----	-------	-------------------	----	---------	------------	------------

200m Hurdles (0.762m)⁶

MIDGET	O/N	27.88 (1.1)	Meghan Palesch	95	BC-OATF	Ottawa, ON	08.08.2010
--------	-----	-------------	----------------	----	---------	------------	------------

300m Hurdles (0.762m)

MIDGET	O/N	42.9h	Katherine Murphy	90	BC-PATH	Richmond, BC	11.06.2005
YOUTH ⁷	O/N	44.06	Jade Vaughan	93	BC-COQC	Kelowna, BC	07.04.2010

400m Hurdles

SENIOR	O	55.29	Rosey Edeh	66	NTL-QUE	Coquitlam, BC	31.07.1993
	N	56.12	Yvonne Mensah	85	BC-UNAT	Lawrence, KS	19.04.2008
JUNIOR	O	57.56	Erica Peterson	73	NTL-ALB	Coquitlam, BC	15.08.1992
	N	59.22	Corri-Ann Campbell-Fell	87	BC-TBIR	Beijing, CHN	15.08.2006
YOUTH	O/N	60.54	Natalie Jackson	82	BC-VRTC	Burnaby, BC	02.07.1999

1500m Racewalk – Track

YOUTH	O/N	6:28.60	Megan Huzzey	85	BC-VRTC	Sidney, BC	21.06.2002
MIDGET	O/N	7:49.87	Teagan Rasche	97	BC-COQC	Coquitlam, BC	17.07.2011

3000m Racewalk – Track

SENIOR	O/N	13:30.13	Karen Foan	79	BC-UBCU	Burnaby, BC	12.04.2003
JUNIOR	O	13:48.14	Gabrielle Blythe	69	INT-AUS	Richmond, BC	11.07.1987
	N	14:08.51	Megan Huzzey	85	BC-VTFC	Burnaby, BC	10.04.2004
YOUTH	O/N	15:41.22	Rachael Inglis	93	BC-UNAT	Victoria, BC	05.09.2010

5000m Racewalk – Track

SENIOR	O	22:41.9h	Pascale Grand	67	NTL-QUE	Burnaby, BC	09.06.1990
	N	23:18.91	Nicola Evangelista	88	BC-WALK	Marion, IN	28.08.2011
JUNIOR	O/N	24:00.00	Megan Huzzey	85	BC-VTFC	Victoria, BC	18.07.1998
YOUTH ⁸	O/N	-	-	-	-	-	-

10,000m Racewalk – Track

SENIOR	O	45:17.0h	Janice McCaffery	59	NTL-ONT	Victoria, BC	29.07.1994
	N	47:16.77	Nicola Evangelista	88	BC-WALK	Coquitlam, BC	07.15.2012
	N	48:41.8h	Karen Foan	79	BC-WALK	Seattle, WA	19.04.2003
JUNIOR	O/N	49:25.50	Megan Huzzey	85	BC-VTFC	Grosseto, ITA	16.07.2004

10 Km Racewalk – Road

SENIOR	O/N	48:16.0	Nicola Evangelista	88	BC-WALK	Edmonton, AB	09.15.2012
SENIOR	BP	49:10.4	Karen Foran	79	BC-NTFC	Vancouver, BC	04.04.1999

20,000m Racewalk – Track

SENIOR	-	-	-	-	-	-	-
--------	---	---	---	---	---	---	---

20Km Racewalk – Road

SENIOR	O/N	1:37.32	Nicola Evangelista	88	BC-WALK	Edmonton, AB	09.15.2012
SENIOR	BP	1:38.09	Karen Foran	79	CAN-WALK	Edmonton, AB	09.08.2001

High Jump

SENIOR	O/N	1.98m	Debbie Brill	53	BC-VOCA	Rieti, ITA	02.09.1984
JUNIOR	O/N	1.85m	Debbie Brill	53	CAN-VOCA	Los Angeles, CA	02.08.1971
YOUTH	O/N	1.82m	Alyx Treasure	92	BC-PGTF	Burnaby, BC	30.05.2008
MIDGET	O/N	1.76m	Emily Sheppard	88	BC-NORW	Burnaby, BC	07.07.2003

Pole Vault

SENIOR	O/N	4.45m	Carly Dockendorf	83	BC-UNAT	Seattle, WA	07.10.2010
JUNIOR	O/N	3.80m	Stacey Irvine	89	BC-5450	Burnaby, BC	01.06.2007
YOUTH	O/N	3.80m	Stacey Irvine	89	BC-5450	Abbotsford, BC	16.07.2000
MIDGET	O/N	3.15m T	Shawni Hayhurst	93	BC-5450	Burnaby, BC	30.05.2008
	O/N	3.15m T	Karlyn Underdahl	81	BC-VTFC	Kamloops, BC	10.07.1996

Long Jump

SENIOR	O/N	6.74m (1.3)	Ruky Abdulai	85	BC-VRTC	Ponce, PUR	05.08.2010
JUNIOR	O/N	6.38m	Krysha Bayley	84	BC-COQC	Athens, GA	29.03.2003
YOUTH	O/N	6.27m	Krysha Bayley	84	BC-COQC	Ottawa, ON	21.07.2001
MIDGET	O/N	6.17m	Sabrina Nettey	90	BC-SFTC	Walnut, CA	16.04.2005

Triple Jump

SENIOR	O	13.32m	Althea Williams	75	NTL-ONT	Victoria, BC	11.07.2004
	N	13.11m	Yvonne Mensah	85	BC-UILL	Sacramento, CA	08.06.2007
JUNIOR	O/N	12.35m	Sabrina Nettey	90	BC-SFTC	Walnut, CA	16.04.2005
YOUTH	O/N	12.35m	Sabrina Nettey	90	BC-SFTC	Walnut, CA	16.04.2005
MIDGET	O/N	12.35m	Sabrina Nettey	90	BC-SFTC	Walnut, CA	16.04.2005

Shot Put

SENIOR	O	(4K)	17.43m	Pam Dukes	64	INT-USA	Burnaby, BC	31.05.1992
	N	(4K)	16.34m	Nona Abashidze	55	BC-KJAK	Kelowna, BC	29.06.1996
JUNIOR	O	(4K)	14.92m	Lisa-Marie Vizaniari	71	INT-AUS	Burnaby, BC	04.07.1987
	N	(4K)	14.66m	Joan Pavelich	53	BC-VOCA	Berkeley, CA	01.07.1971
YOUTH	O/N	(4K)	14.32m	Kelly Anne Kempf	70	BC-LANG	Regina, SK	15.08.1987
MIDGET	O/N	(6LB)	15.22m	Nicole Munro	69	BC-ZNE6	Burnaby, BC	20.07.1984
MIDGET	O/N	(3K)	13.46m	Emma MacCorquodale	90	BC-UNAT	Duncan, BC	06.11.2005

Discus

SENIOR	O	(1K)	58.32m	Pam Dukes	64	INT-USA	Burnaby, BC	31.05.1992
	N	(1K)	56.44m	Novelle Murray	84	BC-KJAK	Fresno, CA	12.05.2007
JUNIOR	O/N	(1K)	51.70m	Joan Pavelich	53	BC-VOCA	Walnut, CA	25.04.1971
YOUTH	O/N	(1K)	48.98m	Asianna Covington	95	BC-KJAK	Langley, BC	04.28.2012
YOUTH	O/N	(1K)	48.24m	Joan Pavelich	53	BC-KJAK	East York, ON	01.07.1969
MIDGET	O/N	(1K)	42.88m	Joan Pavelich	53	BC-KJAK	Yakima, WA	13.07.1968

Hammer

SENIOR	O	(4K)	70.36m	Erin Gilreath	80	INT-USA	Burnaby, BC	01.07.2004
	N	(4K)	70.35m	Jennifer Joyce	80	BC-KJAK	Madrid, ESP	04.07.2009
JUNIOR	O/N	(4K)	58.84m	Jennifer Joyce	80	BC-CALB	Phoenix, AZ	21.05.1999
YOUTH	O/N	(3K)	60.40m	Asianna Covington	95	BC-KJAK	Coquitlam, BC	06.10.2012
YOUTH	O/N	(4K)	56.15m	Rochelle Kokayko	87	BC-KTFC	Sudbury, ON	08.08.2004
MIDGET	O/N	(4K)	51.71m	Emma MacCorquodale	90	BC-UNAT	Burnaby, BC	06.03.2005
MIDGET	O/N	(3K)	55.69m	Asianna Covington	95	BC-KJAK	Langley, BC	25.07.2010

-- New Weight --

Javelin⁹

SENIOR	O*	(800g)	61.15m	Elizabeth Gleadle	88	NTL-AB	Burnaby, BC	06.10.2012
SENIOR	N**	(800g)	59.34m	Krista Woodward	84	BC-UNAT	Surrey, BC	06.20.2012
SENIOR	O/N	(800g)	58.64m	Krista Woodward	84	BC-KJAK	Walnut, CA	15.04.2011
JUNIOR	O/N	(600g)	52.36m	Elizabeth Gleadle	89	BC-TBIR	Walnut, CA	01.09.2009
YOUTH	O/N	(600g)	50.53m	Elizabeth Gleadle	89	BC-TBIR	Marrakech, MOR	17.07.2005
MIDGET	O/N	(600g)	41.91m	Nicole Fraser	90	BC-COQC	Kelowna, BC	07.01.2005

-- **Pending paper work --

-- *Pending clarification --

NOTES:

Best performances Athletics Canada Rule # 311 – Canadian Best Performances for men and women are kept for the following: Senior & Junior Road Events – 10000m, 20000m, Marathon, Half Marathon (21.1Km) and for Walks – 10Km, 20Km, 30Km and 50Km.

FOOTNOTES:

1. Event added in 2010
2. Event added in 2010
3. Midget Age Group added in 2010
4. Event added in 2010
5. Event added in 2010
6. Event added in 2010
7. Youth Age Group added in 2010
8. Youth Age Group added in 2010
9. New Rule (IAAF) beginning 01/01/1999

Decathlon																	
* New javelin rule begin 1/1/86 - New table into effect 4/1/85					100m	LJ	SP	HJ	400m	110H	DT	PV	JT	1500m			
SENIOR	O	8128 pts.	Michael Smith	67	11.00 (+0.8)	9.94m (+1.3)	16.22m -	1.98m -	48.85 -	14.82 (+0.5)	48.82m -	5.10m -	67.98m -	4:47.38 -	NTL-ONT	Victoria, BC	07.27-28.1994
SENIOR	N	7520 pts.	David Cook	71	11.66 (0.0)	6.89m (+1.1)	12.76m -	2.10m -	51.84 -	15.01 (+1.5)	40.74m -	4.35m -	61.94m -	4:33.53 -	BC-	Philadelphia, PA	02.20-21.1975
JUNIOR	O/N	7001 pts.	Dan Mezheritsky	84	11.10 (0.0)	6.18m (+1.1)	14.34m -	1.81m -	51.40 -	14.70 (+0.5)	41.27m -	4.35m -	49.01m -	4:49.50 -	BC-VRTC	Abbotsford, BC	08.25-26.2003
YOUTH	O/N	6173 pts.	Mark Chenery	88	11.62 (0.0)	6.15m (3.5)	11.87m -	1.84m -	53.01 -	16.35 (1.6)	39.34m -	3.00m -	52.85m -	5:05.80 -	BC-PATH	Abbotsford, BC	07.23-24.2005
MIDGET	O/N	4427 pts.	Nick Willis	79	12.29 (+0.4)	5.57m (+0.9)	10.21m -	1.74m -	59.00 -	19.40 (-1.3)	20.90m -	2.73m -	35.04m -	5:13.08 -	BC-MRTC	Kamloops, BC	06.26-27.1993

Decathlon - New Junior Weights																	
* Begin 01/01/2002 (SP - 6.00 kg. / DT - 1.75 kg.)					100m	LJ	SP	HJ	400m	110H	DT	PV	JT	1500m			
JUNIOR	O/N	7080 pts.	Reid Gustavson	88	11.52 (0.6)	6.58m (-0.7)	13.88m -	1.88m -	49.35 -	15.72 (0.8)	33.92 -	4.20m -	51.26m -	4:26.67 -	BC-TBIR	Sherbrooke, QC	07.21-23.2002

Octathlon - Youth																
* Begin 1/1/04 (SP - 5.00 kg. / DT - 1.50 kg. / JT - 700g)					100m	LJ	SP	HJ	400m	110H	JT	1000m				
YOUTH	O/N	6006 pts.	James Turner	93	11.32 (-0.2)	6.91m (-1.5)	13.57m -	1.90m -	51.31 -	15.51 (+2.4)	57.18m -	2:49.88 -				
												BC-KTFC	Ottawa, ON	08/08/2010		

Pentathlon - Youth																
* New in 2010 (SP - 4.00kg / 110H 10x33")					LJ	SP	HJ	110H	1000m							
YOUTH	O/N	2798 pts.	Michael Muniak	96	11.00 -	9.94m -	16.22m -	1.98m (1.0)	48.85 -							
												BC-SFTC	Langley, BC	07.25.2010		

Pentathlon - Midget																
					100H	LJ	SP	HJ	1000m							
MIDGET	O/N	3119 pts.	Ahmad Nizamani	96	11.00 (-0.3)	9.94m (+0.0)	16.22m -	1.98m -	48.85 -							
												NTL-ONT	Victoria, BC	07.27-28.1994		

Heptathlon														
					100mH	HJ	SP	200m	LJ	JT	800m			
SENIOR	O	6325 pts.	Denise Lewis	72	-	-	-	-	-	-	-	INT-GBR	Victoria, BC	02.22-23.1994
SENIOR	N	6212 pts.	Ruky Abdulai	88	13.60 (+1.6)	1.80m	11.72m	24.50 (-1.2)	6.30m (+0.7)	46.35m	2:15.29	BC-VRTC	Daegu, KOR	08.29-30.2011
JUNIOR	O/N	5269 pts.	Angela Anoilefoh	82	15.34	1.74m	10.78m	25.21	5.68m	30.66m	2:16.07	BC-VRTC	Bloomington, IN	05.18-19.2001
YOUTH	O/N	5043 pts.	Georgia Ellenwood	95	14.52 (0.4)	1.67m	9.14m	25.58 (0.2)	5.53m (0.8)	34.15m	2:25.67	BC-LANG	Ottawa, ON	08.05-06.2011
MIDGET	O/N	5015 pts.	Kelly Ann Kempf	70	-	-	-	-	-	-	-	BC-	-	1985

Pentathlon														
					LJ	HJ	SP	80mH	800m					
MIDGET	O/N	3324 pts.	Georgia Ellenwood	95	5.21m	1.68m	8.78m	12.90	2:26.31			BC-LANG	Coquitlam, BC	07.18.2009
					-	-	-	-	-					

4 x 100m Relay							
SENIOR	O	38.59	F. Heard	L. Burrell	INT-USA	Coquitlam, BC	05.31.1993
			M. Marsh	C. Lewis			
SENIOR	N/C	40.28	J. Nelson (79)	D. Mensah (79)	BC-COQC	Winnipeg, MB	08.21.1997
			E. Aguilera (78)	E. Ryan (79)			
JUNIOR	O	39.32	F. Heard	L. Burrell	INT-USA	Burnaby, BC	07.26.1985
			D. Mitchell	J. Simpson			
JUNIOR	N	42.21	L. Meyer (71)	A. Rivas (71)	BC-TMBC	Quebec City, QC	08.13.1988
			J. Pierre (71)	O. Ogilvie (72)			
JUNIOR	N	42.1h	-	-	BC-TBCA	Sherwood Park, AB	08.06.1988
			-	-			
YOUTH	-	Under Review	-	-	-	-	-
			-	-			
YOUTH	-	Under Review	-	-	-	-	-
			-	-			
MIDGET	O/N/C	44.55	N. Rychkun (69)	P. Locke (69)	BC-COQC	Burnaby, BC	04.18.1984
			D. Reid (69)	J. Francis (69)			

4 x 200m Relay							
SENIOR	-	Under Review	-	-	-	-	-
			-	-			
JUNIOR	-	Under Review	-	-	-	-	-
			-	-			
YOUTH	-	Under Review	-	-	-	-	-
			-	-			
MIDGET	-	Under Review	-	-	-	-	-
			-	-			

8.8a BC Athletics Relay Records - Male

4 x 400m Relay							
SENIOR	O	3:01.49	Jones	Couts	INT-USA	Burnaby, BC	06.01.2002
			Davis	Busby			
SENIOR	N	3:10.32	Jeremiah	Hale	BC-TMBC	Kamloops, BC	08.20.1993
			Derouin	Amphlett			
SENIOR	C	3:12.31	McLellan	-	BC-SFUU	Olathe, KS	05.25.2002
			-	-			
JUNIOR	O	3:04.05	M. Spangler	D.Lee	INT-USA	Burnaby, BC	07.27.1985
			D. Mitchell	T. Allan			
JUNIOR	N	3:13.88	J. Guggenheimer (82)	G. Reed (81)	BC-TMBC	Montreal, QC	07.17.2000
			B. Jackson (81)	C. Williams (81)			
JUNIOR	C	3:15.30	J. Linde (94)	N. George (94)	BC-COQC	Surrey, BC	07.26.2011
			H. Harding (94)	Ayesu-Attah (93)			
YOUTH	O/N	3:18.27	K. Joyce (94)	B. Restall (94)	BC-TMBC	Ottawa, ON	08.07.2011
			M. Swanson (94)	C. Gravel (94)			
YOUTH	C	3:32.49	R. Grant	D. Day (70)	-	-	-
			J. Hurov	S. Anderson			
MIDGET	O/N	3:32.26	S. Ayouba-Bell (71)	K. Fuller (71)	BC-ZN05	Sudbury, ON	08.14.1999
			G. Bodell (71)	K. Mohammad (71)			
MIDGET	C	3:50.01	-	-	BC-ABBA	Abbotsford, BC	06.11.1988
			-	-			

4 x 800m Relay							
SENIOR	O/N/C	7:28.47	P. Thola (66)	R. Nelson (67)	BC-SFUU	Walnut, CA	04.25.1987
			A. Dawson (64)	S. Nagy (67)			
JUNIOR	O/N/C	7:56.20	-	-	-	-	-
			-	-			
YOUTH	O/N/C	7:57.60	B. Sanders	P. Alden	BC-VOCA	Richmond, BC	06.25.1975
			P. Favell	H. Wilson			

4 x 1500m Relay							
SENIOR	O/N/C	15:59.0	A. Weicker	G. Lister	BC-VOCA	Richmond, BC	06.25.1975
			P. Spir	D. Weicker			

Sprint Medley Relay							
SENIOR	O	3:24.8	University of Portland	-	INT-USA	Burnaby, BC	05.18.1985
			-	-			
SENIOR	N	3:25.0	-	-	BC-VOCA	-	05.13.1985
			-	-			
SENIOR	C	Under Review	-	-	-	-	-
			-	-			
YOUTH	O/N	3:27.2	-	-	BC-TMBC	Calgary, AB	08.15.1992
			-	-			
MIDGET	O/N	3:40.75	A. Macklin (96)	P. Bogdan (96)	BC-TMBC	Ottawa, ON	08.07.2011
			A. Nizamani (96)	T. Oxland (96)			

Distance Medley Relay							
SENIOR	O/N	Under Review	-	-	-	-	-
			-	-			
JUNIOR	O/N	Under Review	-	-	-	-	-
			-	-			
YOUTH	O/N	Under Review	-	-	-	-	-
			-	-			

4 x 100m Relay							
SENIOR	O	44.75	K. Johnson (63)	J. Fleming (65)	INT-USA	Burnaby, BC	06.18.1985
			M. Chapman (63)	J. Flaherty (60)			
SENIOR	N	45.3	I. Piotrowski	P. May	BC-TMBC	Palermo, ITA	09.03.1971
			G. Turney	S. Berto			
SENIOR	C	45.9	R. Jerome	D. McKinnon	BC-VOCA	Victoria, BC	07.07.1973
			J. Sparling	K. Beatch			
JUNIOR	O	44.88	K. Anderson	A. Thomas	CAN-BC	Burnaby, BC	07.26.1985
			J. Pierre (71)	O. Ogilvie (72)			
JUNIOR	N	46.9	R. Jerome	K. Beatch	BC-TMBC	Winnipeg, MB	08.21.1971
			J. Sparling	J. Pelland			
JUNIOR	C	47.3	J. Sadowick	E. Smith	BC-SFUU	Victoria, BC	06.07.1970
			D. McKinnon	L. Wilson			
YOUTH	O/N	47.12	Y. Mensah (85)	C. Borowsky (86)	BC-TMBC	Sherbrooke, QC	08.18.2002
			-	-			
YOUTH	C	49.1	C. Palmgren (56)	G. Gummer (58)	BC-VTFC	Calgary, AB	07.04.1971
			J. Turner (56)	C. Druce (57)			
MIDGET	O/N	48.29	J. Vaughn	K. Reid	BC-TMBC	Sherbrooke, QC	08.10.2008
			H. Stewart	S. Davis			
MIDGET	C	50.7	J. Turner (56)	C. Druce (57)	BC-VFTC	Victoria, BC	06.20.1970
			C. Palmgren (56)	G. Gummer (58)			

4 x 200m Relay							
SENIOR	-	Under Review	-	-	-	-	-
			-	-			
JUNIOR	-	Under Review	-	-	-	-	-
			-	-			
YOUTH	-	Under Review	-	-	-	-	-
			-	-			
MIDGET	-	Under Review	-	-	-	-	-
			-	-			

8.8a BC Athletics Relay Records - Female

4 x 400m Relay							
SENIOR	O/N/C	3:32.11	-	-	BC-VRTC	Burnaby, BC	06.30.1985
JUNIOR	O	3:36.03	S. Brydon	K. Berge	INT-USA	Burnaby, BC	07.27.1985
JUNIOR	N	3:41.41	D. Delage (93)	C. Atkin (93)	BC-TMBC	Kamloops, BC	08.09.2011
JUNIOR	C	4:00.9	D. Bower (68)	P. Wallace (65)	BC-SFTC	Burnaby, BC	07.18.1982
YOUTH	O/N	3:53.17	M. Upuu (82)	N. Jackson (82)	BC-TMBC	Sudbury, ON	08.14.1999
YOUTH	C	4:00.9	D. Bower (68)	P. Wallace (65)	BC-SFTC	Burnaby, BC	07.18.1982
MIDGET	O/N	4:01.9	J. Melhado (69)	S. Kring (69)	BC-ZN03	Burnaby, BC	07.22.1984
MIDGET	C	4:06.72	J. Swan (70)	A. Krempf (70)	BC-VTFC	Abbotsford, BC	06.11.1988

4 x 800m Relay							
SENIOR	O/N/C	8:41.7	T. Wellman (64)	C. McCarthy (59)	BC-UVIC	Richmond, BC	05.14.1988
JUNIOR	O/N/C	9:14.2	R. Meagher (67)	D. Bowker (58)	BC-KJAK	-	03.15.1975
YOUTH	O/N/C	9:38.5	K. Sheridan (62)	B. Otto (61)	BC-NORW	Surrey, BC	06.12.1975
MIDGET	O/N/C	9:16.8 (Under Review)	C. Grant (63)	S. Boothroyd	-	-	-

4 x 1500m Relay									
SENIOR	O/N/C	18.24.8	T. Wellman (64)		C. McCarthy (59)		BC-UVIC	Richmond, BC	04.05.1988
			R. Meagher (67)		D. Bowker (58)				

Sprint Medley Relay									
SENIOR	O	3:24.08 (Under Review)	-	-	-	-	-		
			-	-	-	-	-		
SENIOR	N/C	3:25.0 (Under Review)	-	-	-	-	-		
			-	-	-	-	-		
JUNIOR	O/N/C	(Under Review)	-	-	-	-	-		
			-	-	-	-	-		
YOUTH	O/N	4:08.90	-	-	BC-TMBC	Calgary, AB	08.15.1992		
			-	-	-	-	-		
MIDGET	O/N	4:10.6	M. Palesch (95)		E. Joyce (95)		BC-TMBC	Ottawa, ON	08.08.2010
			A. Williams (95)		G. Ellenwood (95)				

Distance Medley Relay							
SENIOR	O/N/C	Under Review	-	-	-	-	-
			-	-	-	-	-
JUNIOR	O/N/C	Under Review	-	-	-	-	-
			-	-	-	-	-
YOUTH	O/N/C	Under Review	-	-	-	-	-
			-	-	-	-	-
MIDGET	O/N/C	Under Review	-	-	-	-	-
			-	-	-	-	-