

Submitted by:  
Allain McCallum

## 2003 BC Athletics Records Report

O - Open  
N - Native  
C - Club  
BP - Pest Performance

### 100m

Senior	O	11.03	Philomena Mensah	75	CAN/CC	8/10/99	Sierra Nevada, Sp.
	N	11.03	Philomena Mensah	75	CAN/CC	8/10/99	Sierra Nevada, Sp.
Junior	O	11.3	Caryl Smith		USA	7/11/87	Richmond
	N	11.30(h)	Patty Loverock	53	BC/VOC	6/25/71	Richmond
Juvenile	O	11.66	Krysha Bayley	84	BC/CC	6/22/01	Edmonton, AB
	N	11.66	Krysha Bayley	84	BC/CC	6/22/01	Edmonton, AB
Midget	O	11.98	Krysha Bayley	84	CC	7/17/99	Kamloops
	N	11.98	Krysha Bayley	84	CC	7/17/99	Kamloops

### 200m

Senior	O	22.35	Merlene Ottey-Paige	60	Jamaica	7/16/84	Burnaby
	N	22.6	Patty Loverock		VOC	8/10/76	Quebec City
Junior	O	23.3	Stephanie Berto		BC/VOC	8/22/71	Winnipeg
	N	23.3	Stephanie Berto		BC/VOC	8/22/71	Winnipeg
Juvenile	O	24:00	Krysha Bayley	84	CC	7/8/00	Burnaby
	N	24:00	Krysha Bayley	84	CC	7/8/00	Burnaby
Midget	O	24.50	Krysha Bayley	84	CC	7/4/99	Burnaby
	N	24.50	Krysha Bayley	84	CC	7/4/99	Burnaby

### 400m

Senior	O	50.38	Catherine Freeman		Australia	8/23/94	Victoria
	N	50.57	Charmaine Crooks	62	KAJ	8/4/90	Montreal
Junior	O	51.88	Camille Noel	74	UCLA	5/21/93	Berkley
	N	51.88	Camille Noel	74	UCLA	5/21/93	Berkley
Juvenile	O	53.11	Camille Noel	74	LAS	5/25/91	Provo
	N	53.11	Camille Noel	74	LAS	5/25/91	Provo
Midget	O	54.79	Camille Noel	74	CAN/LAS	6/23/89	Sante Fe, Argentina
	N	54.79	Camille Noel	74	CAN/LAS	6/23/89	Sante Fe, Argentina

### 800m

Senior	O	1:58.39	Diane Cummins	74	PACSPORT	9/2/01	Rieti, IT
	N	1:58.39	Diane Cummins	74	PACSPORT	9/2/01	Rieti, IT
Junior	O	2:06.46	Heather deGeest	77	VR	6/4/94	Victoria
	N	2:06.46	Heather deGeest	77	VR	6/4/94	Victoria
Juvenile	O	2:06.46	Heather deGeest	77	VR	6/4/94	Victoria
	N	2:06.46	Heather deGeest	77	VR	6/4/94	Victoria
Midget	O	2:09.93	Malindi Elmore	80	KELTF	7/1/95	Kelowna
	N	2:09.93	Malindi Elmore	80	KELTF	7/1/95	Kelowna

### 1000m

Senior	O	2:38.56	Brit McRoberts	57	VR	8/5/86	Gateshead
--------	---	---------	----------------	----	----	--------	-----------

### 1500m

Senior	O	4:00.27	Lynn Williams	60	VR	8/30/85	Brussels
	N	4:00.27	Lynn Williams	60	VR	8/30/85	Brussels
Junior	O	4:15.40	Lori Durward	72		6/13/91	Montreal
	N	4:15.40	Lori Durward	72		6/13/91	Montreal
Juvenile	O	4:18.7	Heather deGeest	77	VR	7/7/94	Seattle
	N	4:18.7	Heather deGeest	77	VR	7/7/94	Seattle
Midget	O	4:26.33	Malindi Elmore	80	KELTF	7/1/95	Kelowna
	N	4:26.33	Malindi Elmore	80	KELTF	7/1/95	Kelowna

### Mile

Senior	O	4:22.30	Mary Decker Slaney	58	USA	6/18/85	Burnaby
	N	4:23.28	Leah Pells	64	Unattached	8/17/96	Zurich, Switzerland
Junior	O	4:34.99	Sharon Dalton	68	Australia	6/18/85	Burnaby
	N	4:56.4	Brenda Batchelor	56	Richmond	6/9/73	Portland
Juvenile	O	5:05.6	Cheryl Spowage		KAJ	8/2/68	Nanaimo
	N	5:05.6	Cheryl Spowage		KAJ	8/2/68	Nanaimo

### 2000m

Senior	O	5:39.90	Debbie Scott Bowker	58	VR	8/5/86	Gateshead
	N	5:39.90	Debbie Scott Bowker	58	VR	8/5/86	Gateshead

### 3000m

Senior	O	8:32.17	Angela Chalmers	63	VTC	8/23/94	Victoria
	N	8:32.17	Angela Chalmers	63	VTC	8/23/94	Victoria
Junior	O	9:12.39	Brenda Shackleton	67	BC/KELTF	8/16/85	St. John, N.B.
	N	9:12.39	Brenda Shackleton	67	BC/KELTF	8/2/83	St. John, N.B.
Juvenile	O	9:22.9	Tonya Todd	71	AR	7/12/87	Richmond
	N	9:22.9	Tonya Todd	71	AR	7/12/87	Richmond
Midget	O	9:42.8	Caroline Wallis	63	Magee	4/28/78	Burnaby
	N	9:42.8	Caroline Wallis	63	Magee	4/28/78	Burnaby

### 5000m

Senior	O	14:54.98	Courtney Babcock	72	BC	8/30/03	Paris
	N	14:54.98	Courtney Babcock	72	BC	8/30/03	Paris
Junior	O	16:45.6h	Margaret Butler	78	KAJ	3/23/97	Stanford
	N	16:45.6h	Margaret Butler	78	KAJ	3/23/97	Stanford

### 10000m

Senior	O	31:44.74	Courtney Babcock	72	BC	5/2/03	Palo Alto Ca
	N	31:44.74	Courtney Babcock	72	BC	5/2/03	Palo Alto Ca
Junior	O	35:33.5	Maria Del Carmen Diaz		Mexico	7/11/87	Richmond
	N	36:58.6	Frederique Schmidt	67	BC/KAJ	6/26/85	Burnaby

### Marathon

Senior	O	2:34:43	Tina Connelly	70	NIKE	12/4/99	Sacramento
	N	2:34:43	Tina Connelly	70	NIKE	12/4/99	Sacramento

### 3000m SC

Senior	O	10:09.29	Margaret Butler	78	KAJ	7/9/02	Montreal
	N	10:09.29	Margaret Butler	78	KAJ	7/9/02	Montreal

### 2000m SC

Junior	O	7:04.79	Bevin Kennelly	84	Can	7/20/03	Barbados
	N	7:04.79	Bevin Kennelly	84	Can	7/20/03	Barbados

### 1500m SC

Juvenile	O	5:08.08	Meredith MacGregor	85	EMAR/SOF	5/31/02	Burnaby
	N	5:08.08	Meredith MacGregor	85	EMAR/SOF	5/31/02	Burnaby

### 80m Hurdles

Juvenile	O	11.4	Maureen Donaldson	58	WC	6/22/74	Victoria
	N	11.4	Maureen Donaldson	58	WC	6/22/74	Victoria
Midget	O	11.50	Michaela Colluney	72	SOF	7/5/86	Bellingham
	N	11.50	Michaela Colluney	72	SOF	7/5/86	Bellingham

### 100m Hurdles

Senior	O	13.07	Clova Court		England	8/23/94	Victoria
	N	13.73A	Vanessa Fryer	76	CAN/VR	7/9/99	Flagstaff, AZ

<b>Junior</b>	O	13.76	Sonia Paquette	73	QU-COCH	8/16/92	Coquitlam
---------------	---	-------	----------------	----	---------	---------	-----------

	N	<b>14.01</b>	<b>Yvonne Mensah</b>	<b>85</b>	<b>BC/C</b>	<b>7/4/03</b>	<b>Saskatoon</b>
--	---	--------------	----------------------	-----------	-------------	---------------	------------------

	N	14.01	Karen Gubbels	73	BC/C	7/25/92	Winnipeg
Juvenile	O	14.53 (-0.5)	Yvonne Mensah	85	SOF	7/6/02	Burnaby
	N	14.53 (-0.5)	Yvonne Mensah	85	SOF	7/6/02	Burnaby

### 100m Hurdles (30")

Juvenile	O	13.86	Yvonne Mensah	85	LFA	6/3/00	Burnaby
	N	13.86	Yvonne Mensah	85	LFA	6/3/00	Burnaby

### 200m Hurdles

Midget	O	27.92	Michaela Colluney	72	SOF	7/19/86	Eugene
	N	27.92	Michaela Colluney	72	SOF	7/19/86	Eugene

### 300m Hurdles

Midget	O	44.02	Michaela Colluney	72	SOF	6/21/87	Langley
	N	44.02	Michaela Colluney	72	SOF	6/21/87	Langley

### 400m Hurdles

Senior	O	55.29	Rosey Edeh	66	QU-UNA	7/31/93	Coquitlam
	N	57.13	Terra Barter	73	VR	7/14/95	Arizona
Junior	O	57.56	Erica Peterson	73	AB/PAS	8/15/92	Coquitlam
	N	59.42	Liz Morland	74	CAN/VTC	8/20/92	Abbotsford
Juvenile	O	60.54	Natalie Jackson	82	BC/VR	7/2/99	Burnaby
	N	60.54	Natalie Jackson	82	BC/VR	7/2/99	Burnaby

### 1500m Racewalk (Track)

Juvenile	O	06:28.6	Megan Huzzey	85	VTF	6/21/02	Sidney
	N	06:28.6	Megan Huzzey	85	VTF	6/21/02	Sidney
Midget	O	07:53.2	Kaitlin Huzzey	87	VTF	7/26/02	Langley
	O	07:53.2	Kaitlin Huzzey	87	VTF	7/26/02	Langley

### 3000m Racewalk (Track)

Senior	O	<b>13:30.13</b>	<b>Karen Foan</b>	<b>79</b>	<b>UBC</b>	<b>4/12/03</b>	<b>SFU</b>
	N	<b>13:30.13</b>	<b>Karen Foan</b>	<b>79</b>	<b>UBC</b>	<b>4/12/03</b>	<b>SFU</b>

Junior	O	13:48.14	Gabrielle Blythe	69	Australia	7/11/87	Richmond
	N	14:59.85	Sian Spacey	64	CAN/VTC	7/27/83	Sherbrooke
Juvenile	O	16:48.07	Tamara Marwalski		KAJ	6/16/84	Richmond
	N	16:48.07	Tamara Marwalski		KAJ	6/16/84	Richmond

### 5000m Racewalk (Track)

Senior	O	22:41.9	Pascale Grand	67	Sherbrooke	6/9/90	Burnaby
	N	24:33.72	Karen Foan	79	BC/NAN	7/18/98	Kitchener

Junior	O	24:33.72	Karen Foan	79	BC/NAN	7/18/98	Kitchener
	N	24:33.72	Karen Foan	79	BC/NAN	7/18/98	Kitchener

### 10000m Racewalk (Track)

Senior	O	45:17.0	Janice McCaffery		Calgary	7/29/94	Victoria
	N	48:41.8	Karen Foan	79	RW	4/19/03	Seattle
Junior	O	53:17.98	Megan Huzzey	85	VTF	6/6/03	Saskatoon
	N	53:17.98	Megan Huzzey	85	VTF	6/6/03	Saskatoon

### 10000m Racewalk (Road)

Senior	BP	49:10.4	Karen Foan	79	NAN	4/4/99	Vancouver
--------	----	---------	------------	----	-----	--------	-----------

### 20km Racewalk (Track)

### 20km Racewalk (Road)

Senior	BP	1:38.09	Karen Foan	79	CAN/RW	8/9/01	Edmonton, AB
--------	----	---------	------------	----	--------	--------	--------------

### High Jump

Senior	O	1.98m	Debbie Brill	53	VOC	9/2/84	Rieti
	N	1.98m	Debbie Brill	53	VOC	9/2/84	Rieti
Junior	O	1.85m	Debbie Brill	53	CAN/VOC	8/2/71	California
	N	1.85m	Debbie Brill	53	CAN/VOC	8/2/71	California
Juvenile	O	1.80m	Nathalie Belfort	75	QU/MINT	8/15/92	Coquitlam
	N	1.79m	Corrina Wolf	73	BC/AR	6/2/90	Burnaby
	N	1.79m	Corrina Wolf	73	BC/AR	6/23/90	Surrey
	N	1.79m	Corrina Wolf	73	BC/AR	7/8/96	Winnipeg

Midget	O	1.76	Emily Sheppard	88	BC HS Cham	7/7/03	Burnaby
	N	1.76	Emily Sheppard	88	BC HS Cham	7/7/03	Burnaby

### Long Jump

Senior	O	6.50m	Brenda Eisler		VOS	5/8/71	Abbotsford
	N	6.50m	Brenda Eisler		VOS	5/8/71	Abbotsford
Junior	O	6.38	Krysha Bayley	84	U Georgia	3/29/03	Athens GA
	N	6.38	Krysha Bayley	84	U Georgia	3/29/03	Athens GA
Juvenile	O	6.27m	Krysha Bayley	84	CAN/CC	7/21/01	Ottawa, ON
	N	6.27m	Krysha Bayley	84	CAN/CC	7/21/01	Ottawa, ON
Midget	O	5.80m	Krysha Bayley	84	CC	7/16/99	Kamloops
	N	5.80m	Kyrsha Bayley	84	CC	7/16/99	Kamloops

### Triple Jump

Senior	O	13.29m	Sheila Hudson		USA/U	6/4/00	Burnaby
	N	12.56m	Erika Forster	70	NorWesters	8/19/93	Kamloops
Junior	O	12.11m	Kim Kykxhoorn	73	ON-TILL	8/14/92	Coquitlam
	N	11.93m	Angela Anoliefah	82	VR	7/15/01	Abbotsford, BC
Juvenile	O	11.89	Rachael Haegert	84	VTF	6/1/01	Burnaby, BC
	N	11.57m	Erika Forster	70	VOC	7/18/87	Springfield
Midget	O	11.47m	Michaela Colluney	72	Zone 3	7/13/86	Cranbrook
	N	11.47m	Michaela Colluney	73	Zone 3	7/13/86	Cranbrook
	O	11:47	Sabrina Nettey	90	BC HS Cham	7/6/03	Burnaby
	N	11:47	Sabrina Nettey	90	BC HS Cham	7/6/03	Burnaby

### Pole Vault

Senior	O	4.41	Stephanie McCann	77	BC	7/9/03	Atascadero CA
	N	4.41	Stephanie McCann	77	BC	7/9/03	Atascadero CA
Junior	O	3.53m	Karla McGee		AB	7/4/00	Burnaby
	N	3.52m	Kala Hadfield	82	VTF	5/27/01	Victoria, BC
Juvenile	O	3.45m	Jessica Moreland	84	VTF	10/7/00	Victoria
	N	3.45m	Jessica Moreland	84	VTF	10/7/00	Victoria
Midget	O	3.15m	Karlyn Underdahl	81	VTC	7/10/96	Kamloops
	N	3.15m	Karlyn Underdahl	81	VTC	7/10/96	Kamloops

### Shot Put

Senior	O	17.43m	Pam Dukes		Nike	5/31/92	Burnaby
	N	16.34	Nunu Abashidze	55	Kajaks	6/29/96	Kelowna
Junior	O	14.92m	Lisamarie Vizanari		Australia	7/4/87	Burnaby
	N	14.66m	Joan Pavelich	53	VOC	7/1/71	Berkeley
Juvenile	O	14.32m	Kelly Anne Kempf	70	Langley	8/15/87	Regina
	N	14.32m	Kelly Anne Kempf	70	Langley	8/15/87	Regina
Midget (6lb)	N	16.08	Meg Montgomery	89	NORW	25-27/07/2003	Kamloops
	N	16.08	Meg Montgomery	89	NORW	25-27/07/2003	Kamloops
Midget (3kg)	O	12.79m	Chelsea Pyane	87	Kajaks	6/7/02	Burnaby
	O	12.79m	Chelsea Pyane	87	Kajaks	6/7/02	Burnaby

### Discus

Senior	O	58.32m	Pam Dukes		Nike Coast	5/31/92	Burnaby
	N	56.04m	Anna Mosdell	70	KAJ	5/31/91	Eugene
Junior	O	51.70M	Joan Pavelich	53	VOC	4/25/71	Walnut
	N	51.70m	Joan Pavelich	53	VOC	4/25/71	Walnut
Juvenile	O	48.24m	Joan Pavelich	53	KAJ	7/1/69	East York
	N	48.24m	Joan Pavelich	53	KAJ	7/1/69	East York
Midget	O	42.88m	Joan Pavelich	53	KAJ	7/13/68	Yakima
	N	42.88m	Joan Pavelich	53	KAJ	7/13/68	Yakima

### Old Javelin

Senior	O	57.44m	Laurie Kern	57	Kajaks	7/17/80	Philadelphia
	N	57.44m	Laurie Kern	57	Kajaks	7/17/80	Philadelphia
Junior	O	54.92m	Alison Hayward	58	Can/VOC	8/11/77	Mexico
	N	54.92m	Alison Hayward	58	Can/VOC	8/11/77	Mexico
Juvenile	O	49.18m	Laurie Kern	57	BC/Kajaks	8/12/73	Burnaby
	N	49.18m	Laurie Kern	57	BC/Kajaks	8/12/73	Burnaby
Midget	O	41.66m	Laurie Kern	57	Richmond	9/18/70	Victoria
	N	41.66m	Laurie Kern	57	Richmond	9/18/70	Victoria

### New Javelin

*Beginning 1/1/99*

Senior	O	55.31	Alana Redfern	83	BC	5/3/03	Musco Iowa City IA
	N	55.31	Alana Redfern	83	BC	5/3/03	Musco Iowa City IA
Junior	O	51.76	Krista Woodward	84	BC	6/21/03	Abbotsford
	N	51.76	Krista Woodward	84	BC	6/21/03	Abbotsford
Juvenile	O	48.93m	Krista Woodward	84	WCP	6/23/01	Edmonton, AB
	N	48.93m	Krista Woodward	84	WCP	6/23/01	Edmonton, AB

## Hammer

Senior (4kg)	O	69.24	Lisa Misapeka	USA	6/8/03	Harry Jerome	
	N	65.23m	Jennifer Joyce	80	UCB/KAJ	5/4/02	Berkeley, CA
Junior (4kg)	O	58.84m	Jennifer Joyce	80	UCB/KAJ	5/21/99	Phoenix, AZ
	N	58.84m	Jennifer Joyce	80	UCB/KAJ	7/18/98	Phoenix, AZ
Juvenile (4kg)	O	52.91m	Catrina Chisholm	85	BC/Kajaks	7/28/02	Kitchener
	N	52.91m	Catrina Chisholm	85	BC/Kajaks	7/28/02	Kitchener
Midget (4kg)	O	45.44m	Rochelle Kokayko	87	KCHR/KEL	5/31/02	Burnaby
	N	45.44m	Rochelle Kokayko	87	KCHR/KEL	5/31/02	Burnaby
Midget (3kg)	O	50.30m	Kristen Johnston	87	NAN	08.88	Maple Ridge
	N	50.30m	Kristen Johnston	87	NAN	08.88	Maple Ridge

\* Best Performances Athletics Canada Rule #311 - Canadian Best Performances for men and women are kept for the following: Sr. & Jr. Road Events - Distance - 10000m, 20000m, Marathon, Half Marathon (21.1k) and for Walks - 10km, 20km, 30km, 50km.