

Women  
Updated February 2003

BC Athletics  
Track and Field Records

O - Open  
N - Native  
C - Club  
BP - Best 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
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**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	<b>4:15.40</b>	<b>Lori Durward</b>	<b>72</b>		<b>6/13/91</b>	<b>Montreal</b>
	N	<b>4:15.40</b>	<b>Lori Durward</b>	<b>72</b>		<b>6/13/91</b>	<b>Montreal</b>
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

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**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	15:01.30	Lynn Williams	60	KAJ	7/3/89	Stockholm
	N	15:01.30	Lynn Williams	60	KAJ	7/3/89	Stockholm
Junior	O	<b>16:45.6h</b>	<b>Margaret Butler</b>	<b>78</b>	<b>KAJ</b>	<b>3/23/97</b>	<b>Stanford</b>
	N	<b>16:45.6h</b>	<b>Margaret Butler</b>	<b>78</b>	<b>KAJ</b>	<b>3/23/97</b>	<b>Stanford</b>

**10000m**

Senior	O	31:50.51	Sue Lee	60	Canada	9/29/88	Seoul
	N	31:50.51	Sue Lee	60	Canada	9/29/88	Seoul
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	<b>2:34:43</b>	<b>Tina Connelly</b>	<b>70</b>	<b>NIKE</b>	<b>12/4/99</b>	<b>Sacramento</b>
	N	<b>2:34:43</b>	<b>Tina Connelly</b>	<b>70</b>	<b>NIKE</b>	<b>12/4/99</b>	<b>Sacramento</b>

**3000m SC**

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

**2000m SC**

Junior	O	<b>7:19.75</b>	<b>Bevin Kennelly</b>	<b>84</b>	<b>BC/PGTF</b>	<b>7/27/02</b>	<b>Kitchener</b>
	N	<b>7:19.75</b>	<b>Bevin Kennelly</b>	<b>84</b>	<b>BC/PGTF</b>	<b>7/27/02</b>	<b>Kitchener</b>

**1500m SC**

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

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### 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
Junior	O	13.76	Sonia Paquette	73	QU-COCH	8/16/92	Coquitlam
	N	14.01	Karen Gubbels	73	BC/C	7/25/92	Winnipeg
Juvenile	O	<b>14.53 (-0.5)</b>	<b>Yvonne Mensah</b>	<b>85</b>	<b>SOF</b>	<b>7/6/02</b>	<b>Burnaby</b>
	N	<b>14.53 (-0.5)</b>	<b>Yvonne Mensah</b>	<b>85</b>	<b>SOF</b>	<b>7/6/02</b>	<b>Burnaby</b>

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

### 3000m Racewalk (Track)

Senior	O	13:48.14	Gabrielle Blythe	69	Australia	7/11/87	Richmond
	N	14:16.2	Sian Spacey	64	VITE	4/15/94	Walnut
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

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### 10000m Racewalk (Track)

Senior	O	45:17.0	Janice McCaffery		Calgary	7/29/94	Victoria
	N	50:45.0	Sian Spacey	64	VITE	4/10/94	Vancouver
Junior	O	<b>54:07.55</b>	<b>Megan Huzzey</b>	<b>85</b>	<b>VTF</b>	<b>7/26/02</b>	<b>Kitchener</b>
	N	<b>54:07.55</b>	<b>Megan Huzzey</b>	<b>85</b>	<b>VTF</b>	<b>7/26/02</b>	<b>Kitchener</b>

### 10000m Racewalk (Road)

Senior	BP	49:10.4	Karen Foan	79	NAN	4/4/99	Vancouver
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### 20km Racewalk (Track)

### 20km Racewalk (Road)

Senior	BP	1:38.09	Karen Foan	79	CAN/RW	8/9/01	Edmonton, AB
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### 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	1.71m	Pat Wellmann	64	Fly Y	6/30/79	Kelowna
	N	1.71m	Pat Wellmann	64	Fly Y	6/30/79	Kelowna

### 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	6.27m	Krysha Bayley	84	CAN/CC	7/21/01	Ottawa, ON
	N	6.27m	Krysha Bayley	84	CAN/CC	7/21/01	Ottawa, ON
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 Anoliefoh	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

### Pole Vault

Senior	O	4.30m	Stacy Dragila	71	USA	5/22/97	Port Alberni
	N	4.25m	Stephanie McCann	77	CAN/VR	8/4/01	Edmonton, AB
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 Viznari		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)	O	15.22 (6 lb)	Nicole Munro	69	Zone 6	7/20/84	Burnaby
	N	15.22 (6 lb)	Nicole Munro	69	Zone 6	7/20/84	Burnaby
<b>Midget (3kg)</b>	<b>O</b>	<b>12.79m</b>	<b>Chelsea Pyane</b>	<b>87</b>	<b>Kajaks</b>	<b>6/7/02</b>	<b>Burnaby</b>
	<b>O</b>	<b>12.79m</b>	<b>Chelsea Pyane</b>	<b>87</b>	<b>Kajaks</b>	<b>6/7/02</b>	<b>Burnaby</b>

### 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

Senior	<b>O</b>	<b>50.89m</b>	<b>Roslyn Lundeen</b>	<b>83</b>	<b>UO/VTF</b>	<b>3/30/02</b>	<b>Tempe AZ</b>
	<b>N</b>	<b>50.89m</b>	<b>Roslyn Lundeen</b>	<b>83</b>	<b>UO/VTF</b>	<b>3/30/02</b>	<b>Tempe AZ</b>
Junior	<b>O</b>	<b>50.89m</b>	<b>Roslyn Lundeen</b>	<b>83</b>	<b>UO/VTF</b>	<b>3/30/02</b>	<b>Tempe AZ</b>
	<b>N</b>	<b>50.89m</b>	<b>Roslyn Lundeen</b>	<b>83</b>	<b>UO/VTF</b>	<b>3/30/02</b>	<b>Tempe AZ</b>
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

*Beginning 1/1/99*

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**Hammer**

<b>Senior (4kg)</b>	O	68.32m	Dawn Ellerbe	71	NYAC	6/5/99	Burnaby
	<b>N</b>	<b>65.23m</b>	<b>Jennifer Joyce</b>	<b>80</b>	<b>UCB/KAJ</b>	<b>5/4/02</b>	<b>Berkeley, CA</b>
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
<b>Juvenile (4kg)</b>	<b>O</b>	<b>52.91m</b>	<b>Catrina Chisholm</b>	<b>85</b>	<b>BC/Kajaks</b>	<b>7/28/02</b>	<b>Kitchener</b>
	<b>N</b>	<b>52.91m</b>	<b>Catrina Chisholm</b>	<b>85</b>	<b>BC/Kajaks</b>	<b>7/28/02</b>	<b>Kitchener</b>
<b>Midget (4kg)</b>	<b>O</b>	<b>45.44m</b>	<b>Rochelle Kokayko</b>	<b>87</b>	<b>KCHR/KEL</b>	<b>5/31/02</b>	<b>Burnaby</b>
	<b>N</b>	<b>45.44m</b>	<b>Rochelle Kokayko</b>	<b>87</b>	<b>KCHR/KEL</b>	<b>5/31/02</b>	<b>Burnaby</b>
<b>Midget (3kg)</b>	<b>O</b>	<b>50.30m</b>	<b>Kristen Johnston</b>	<b>87</b>	<b>NAN</b>	<b>08.88</b>	<b>Maple Ridge</b>
	<b>N</b>	<b>50.30m</b>	<b>Kristen Johnston</b>	<b>87</b>	<b>NAN</b>	<b>08.88</b>	<b>Maple Ridge</b>

\* 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.