

Individual Events

BC Track Field Records

Women - Updated 2/7/2008

100m

Senior	O	11.03	Philomena Mensah	75	CAN/CC	8/10/1999	Sierra Nevada, Sp.
	N	11.03	Philomena Mensah	75	CAN/CC	8/10/1999	Sierra Nevada, Sp.
Junior	O	11.3	Caryl Smith		USA	7/11/1987	Richmond
	N	11.30(h)	Patty Loverock	53	BC/VOC	6/25/1971	Richmond
Juvenile	O	11.66	Krysha Bayley	84	BC/CC	6/22/2001	Edmonton, AB
	N	11.66	Krysha Bayley	84	BC/CC	6/22/2001	Edmonton, AB
Midget	O	11.98	Krysha Bayley	84	CC	7/17/1999	Kamloops
	N	11.98	Krysha Bayley	84	CC	7/17/1999	Kamloops

200m

Senior	O	22.35	Merlene Ottey-Paige	60	Jamaica	7/16/1984	Burnaby
	N	22.6	Patty Loverock		VOC	8/10/1976	Quebec City
Junior	O	23.3	Stephanie Berto		BC/VOC	8/22/1971	Winnipeg
	N	23.3	Stephanie Berto		BC/VOC	8/22/1971	Winnipeg
Juvenile	O	24:00	Krysha Bayley	84	CC	7/8/2000	Burnaby
	N	24:00	Krysha Bayley	84	CC	7/8/2000	Burnaby
Midget	O	24.50	Krysha Bayley	84	CC	7/4/1999	Burnaby
	N	24.50	Krysha Bayley	84	CC	7/4/1999	Burnaby

400m

Senior	O	50.38	Catherine Freeman		Australia	8/23/1994	Victoria
	N	50.57	Charmaine Crooks	62	KAJ	8/4/1990	Montreal
Junior	O	51.88	Camille Noel	74	UCLA	5/21/1993	Berkley
	N	51.88	Camille Noel	74	UCLA	5/21/1993	Berkley
Juvenile	O	53.11	Camille Noel	74	LAS	5/25/1991	Provo
	N	53.11	Camille Noel	74	LAS	5/25/1991	Provo
Midget	O	54.79	Camille Noel	74	CAN/LAS	6/23/1989	Sante Fe, Argentina
	N	54.79	Camille Noel	74	CAN/LAS	6/23/1989	Sante Fe, Argentina

800m

Senior	O	1:58.39	Diane Cummins	74	PACSPORT	9/2/2001	Rieti, IT
	N	1:58.39	Diane Cummins	74	PACSPORT	9/2/2001	Rieti, IT
Junior	O	2:06.46	Heather deGeest	77	VR	6/4/1994	Victoria
	N	2:06.46	Heather deGeest	77	VR	6/4/1994	Victoria
Juvenile	O	2:06.46	Heather deGeest	77	VR	6/4/1994	Victoria
	N	2:06.46	Heather deGeest	77	VR	6/4/1994	Victoria
Midget	O	2:09.93	Malindi Elmore	80	KELTF	7/1/1995	Kelowna
	N	2:09.93	Malindi Elmore	80	KELTF	7/1/1995	Kelowna

1000m

Senior	O	2:34.14	Diane Cummins	74	PacificSport	9.2.2001	Rieti, IT
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1500m

Senior	O	4:00.27	Lynn Williams	60	VR	8/30/1985	Brussels
	N	4:00.27	Lynn Williams	60	VR	8/30/1985	Brussels
Junior	O	4:15.40	Lori Durward	72		6/13/1991	Montreal
	N	4:15.40	Lori Durward	72		6/13/1991	Montreal
Juvenile	O	4:18.7	Heather deGeest	77	VR	7/7/1994	Seattle
	N	4:18.7	Heather deGeest	77	VR	7/7/1994	Seattle
Midget	O	4:26.33	Malindi Elmore	80	KELTF	7/1/1995	Kelowna
	N	4:26.33	Malindi Elmore	80	KELTF	7/1/1995	Kelowna

Mile

Senior	O	4:22.30	Mary Decker Slaney	58	USA	6/18/1985	Burnaby
	N	4:23.28	Leah Pells	64	Unattached	8/17/1996	Zurich, Switzerland
Junior	O	4:34.99	Sharon Dalton	68	Australia	6/18/1985	Burnaby
	N	4:56.4	Brenda Batchelor	56	Richmond	6/9/1973	Portland

Individual Events			BC Track Field Records			Women - Updated 2/7/2008	
Juvenile	O	5:05.6	Cheryl Spowage		KAJ	8/2/1968	Nanaimo
	N	5:05.6	Cheryl Spowage		KAJ	8/2/1968	Nanaimo
2000m							
Senior	O	5:39.90	Debbie Scott Bowker	58	VR	8/5/1986	Gateshead
	N	5:39.90	Debbie Scott Bowker	58	VR	8/5/1986	Gateshead
3000m							
Senior	O	8:32.17	Angela Chalmers	63	VTC	8/23/1994	Victoria
	N	8:32.17	Angela Chalmers	63	VTC	8/23/1994	Victoria
Junior	O	9:12.39	Brenda Shackleton	67	BC/KELTF	8/16/1985	St. John, N.B.
	N	9:12.39	Brenda Shackleton	67	BC/KELTF	8/2/1983	St. John, N.B.
Juvenile	O	9:22.9	Tonya Todd	71	AR	7/12/1987	Richmond
	N	9:22.9	Tonya Todd	71	AR	7/12/1987	Richmond
Midget	O	9:42.8	Caroline Wallis	63	Magee	4/28/1978	Burnaby
	N	9:42.8	Caroline Wallis	63	Magee	4/28/1978	Burnaby
5000m							
Senior	O	14:54.98	Courtney Babcock	72	BC	8/30/2003	Paris
	N	14:54.98	Courtney Babcock	72	BC	8/30/2003	Paris
Junior	O	15:52.08	Danette Doetzel	86		6/10/2005	Victoria
	N	16:45.6h	Margaret Butler	78	KAJ	3/23/1997	Stanford
10000m							
Senior	O	31:44.74	Courtney Babcock	72	BC	5/2/2003	Palo Alto Ca
	N	31:44.74	Courtney Babcock	72	BC	5/2/2003	Palo Alto Ca
Junior	O	35:33.5	Maria Del Carmen Diaz		Mexico	7/11/1987	Richmond
	N	36:58.6	Frederique Schmidt	67	BC/KAJ	6/26/1985	Burnaby
Marathon							
Senior	O	2:34:43	Tina Connelly	70	NIKE	12/4/1999	Sacramento
	N	2:34:43	Tina Connelly	70	NIKE	12/4/1999	Sacramento
3000m SC							
Senior	O	10:09.29	Margaret Butler	78	KAJ	7/9/2002	Montreal
	N	10:09.29	Margaret Butler	78	KAJ	7/9/2002	Montreal
2000m SC							
Junior	O	7:00.55	Merideth MacGregor	85	VR	7/24/2004	Saskatoon
	N	7:00.55	Merideth MacGregor	85	VR	7/24/2004	Saskatoon
Juvenile	O	7:07.15	Melissa Appelt	87	SOF	7/24/2004	Saskatoon
	N	7:07.15	Melissa Appelt	87	SOF	7/24/2004	Saskatoon
1500m SC							
Juvenile	O	5:03.71	Melissa Appelt	87	HCSS/SOF	6/4/2004	Burnaby
	N	5:03.71	Melissa Appelt	87	HCSS/SOF	6/4/2004	Burnaby
80m Hurdles							
Juvenile	O	11.4	Maureen Donaldson	58	WC	6/22/1974	Victoria
	N	11.4	Maureen Donaldson	58	WC	6/22/1974	Victoria
Midget	O	11.50	Michaela Colluney	72	SOF	7/5/1986	Bellingham
	N	11.50	Michaela Colluney	72	SOF	7/5/1986	Bellingham
100m Hurdles							
Senior	O	12.60	Perdita Felicien		ONT	7/9/2004	Victoria
	N	13.67	Yvonne Mensah	85	KAJ	4/23/2004	Des Moines IW
Junior	O	13.67	Yvonne Mensah	85	KAJ	4/23/2004	Des Moines IW
	N	13.67	Yvonne Mensah	85	KAJ	4/23/2004	Des Moines IW
Juvenile	O	14.53 (-0.5)	Yvonne Mensah	85	SOF	7/6/2002	Burnaby

Individual Events**BC Track Field Records**

Women - Updated 2/7/2008

	N	14.53 (-0.5)	Yvonne Mensah	85	SOF	7/6/2002	Burnaby
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100m Hurdles (30")

Juvenile	O	13.49	Christabel Nettey	91	KAJ/Cda	7/14/2007	Ostrava CZE
	N	13.49	Christabel Nettey	91	KAJ/Cda	7/14/2007	Ostrava CZE

200m Hurdles

Midget	O	27.92	Michaela Colluney	72	SOF	7/19/1986	Eugene
	N	27.92	Michaela Colluney	72	SOF	7/19/1986	Eugene

300m Hurdles

Midget	O	42.9	Katherine Murphy	90	PATH	6/11/2005	Richmond
	N	42.9	Katherine Murphy	90	PATH	6/11/2005	Richmond

400m Hurdles

Senior	O	55.29	Rosey Edeh	66	QU-UNA	7/31/1993	Coquitlam
	N	57.13	Terra Barter	73	VR	7/14/1995	Arizona
Junior	O	57.56	Erica Peterson	73	AB/PAS	8/15/1992	Coquitlam
	N	59.22	Corri-Ann Campbell-Fell	87	TBIR	08/15/2006	Beijing
Juvenile	O	60.54	Natalie Jackson	82	BC/VR	7/2/1999	Burnaby
	N	60.54	Natalie Jackson	82	BC/VR	7/2/1999	Burnaby

1500m Racewalk (Track)

Juvenile	O	06:28.6	Megan Huzzey	85	VTF	6/21/2002	Sidney
	N	06:28.6	Megan Huzzey	85	VTF	6/21/2002	Sidney
Midget	O	07:53.2	Kaitlin Huzzey	87	VTF	7/26/2002	Langley
	O	07:53.2	Kaitlin Huzzey	87	VTF	7/26/2002	Langley

3000m Racewalk (Track)

Senior	O	13:30.13	Karen Foan	79	UBC	4/12/2003	SFU
	N	13:30.13	Karen Foan	79	UBC	4/12/2003	SFU
Junior	O	13:48.14	Gabrielle Blythe	69	Australia	7/11/1987	Richmond
	N	14:08.51	Megan Huzzey	85	UBC/VTF	4/10/2004	SFU
Juvenile	O	15:58.51	Heather Warwick	90	KAJ	7/22/2007	Sherwood Park AB
	N	15:58.51	Heather Warwick	90	KAJ	7/22/2007	Sherwood Park AB

5000m Racewalk (Track)

Senior	O	22:41.9	Pascale Grand	67	Sherbrooke	6/9/1990	Burnaby
	N	24:33.72	Karen Foan	79	BC/NAN	7/18/1998	Kitchener
Junior	O	24:00.00	Megan Huzzey	85	UBC/VTF	2/29/2004	Victoria
	N	24:00.00	Megan Huzzey	85	UBC/VTF	2/29/2004	Victoria

10000m Racewalk (Track)

Senior	O	45:17.0	Janice McCaffery		Calgary	7/29/1994	Victoria
	N	48:41.8	Karen Foan	79	RW	4/19/2003	Seattle
Junior	O	49:25.50	Megan Huzzey	85	VTF	7/16/2004	Grosseto ITA
	N	49:25.50	Megan Huzzey	85	VTF	7/16/2004	Grosseto ITA

10000m Racewalk (Road)

Senior	BP	49:10.4	Karen Foan	79	NAN	4/4/1999	Vancouver
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20km Racewalk (Track)**20km Racewalk (Road)**

Senior	BP	1:38.09	Karen Foan	79	CAN/RW	8/9/2001	Edmonton, AB
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High Jump

Senior	O	1.98m	Debbie Brill	53	VOC	9/2/1984	Rieti
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Individual Events

	N	1.98m	Debbie Brill	53	VOC	9/2/1984	Rieti
Junior	O	1.85m	Debbie Brill	53	CAN/VOC	8/2/1971	California
	N	1.85m	Debbie Brill	53	CAN/VOC	8/2/1971	California
Juvenile	O	1.80m	Nathalie Belfort	75	QU/MINT	8/15/1992	Coquitlam
	O	1.80m	Emily Sheppard	88	NORW	7/23/2005	Abbotsford
	N	1.80m	Emily Sheppard	88	NORW	7/23/2005	Abbotsford
Midget	O	1.76m	Emily Sheppard	88	NORW	7/7/2003	Burnaby
	N	1.76m	Emily Sheppard	88	NORW	7/7/2003	Burnaby

BC Track Field Records

Women - Updated 2/7/2008

Long Jump

Senior	O	6.70m	Ruky Abdulai	82	VR/SFU	5/24/2007	Fresno CA
	O	6.70m	Ruky Abdulai	82	VR/SFU	5/24/2007	Fresno CA
Junior	O	6.38m	Krysha Bayley	84	UOG/CC	3/29/2003	Athens GA
	N	6.38m	Krysha Bayley	84	UOG/CC	3/29/2003	Athens GA
Juvenile	O	6.27m	Krysha Bayley	84	CAN/CC	7/21/2001	Ottawa, ON
	N	6.27m	Krysha Bayley	84	CAN/CC	7/21/2001	Ottawa, ON
Midget	O	6.17m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA
	N	6.17m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA

Triple Jump

Senior	O	13.32m	Althea Williams		ONT	7/11/2004	Victoria
	N	13.11m	Yvonne Mensah	85	NCAA	6/8/2007	Sacramento GA
Junior	O	12.35m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA
	N	12.35m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA
Juvenile	O	12.35m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA
	N	12.35m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA
Midget	O	12.35m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA
	N	12.35m	Sabrina Nettey	90	SOF	4/16/2005	Walnut CA

Pole Vault

Senior	O	4.45m	Carly Dockendorf	83	UN-BC	6/2/2007	Livermore CA
	N	4.45m	Carly Dockendorf	83	UN-BC	6/2/2007	Livermore CA
Junior	O	3.80m	Stacey Irvine	89	5450	6/1/2007	Burnaby
	N	3.80m	Stacey Irvine	89	5450	6/1/2007	Burnaby
Juvenile	O	3.80m	Stacey Irvine	89	5450	07/15-16/2006	Abbotsford
	N	3.80m	Stacey Irvine	89	5450	07/15-16/2006	Abbotsford
Midget	O	3.15m	Karlyn Underdahl	81	VTC	7/10/1996	Kamloops
	N	3.15m	Karlyn Underdahl	81	VTC	7/10/1996	Kamloops

Shot Put

Senior	O	17.43m	Pam Dukes		Nike	5/31/1992	Burnaby
	N	16.34m	Nona Abashidze	55	Kajaks	6/29/1996	Kelowna
Junior	O	14.92m	Lisamarie Vizanari		Australia	7/4/1987	Burnaby
	N	14.66m	Joan Pavelich	53	VOC	7/1/1971	Berkeley
Juvenile	O	14.32m	Kelly Anne Kempf	70	Langley	8/15/1987	Regina
	N	14.32m	Kelly Anne Kempf	70	Langley	8/15/1987	Regina
Midget (6lb)	O	15.22m	Nicole Munro	69	Z6	7/20/1984	Burnaby
	N	15.22m	Nicole Munro	69	Z6	7/20/1984	Burnaby
Midget (3kg)	O	13.46m	Emma McQuorquodale	90	U	11/6/2005	Duncan
	N	13.46m	Emma McQuorquodale	90	U	11/6/2005	Duncan

DISCUS

Senior	O	58.32m	Pam Dukes		Nike Coast	5/31/1992	Burnaby
	N	56.44m	Novelle Murray	84	KAJ	5/12/2007	Walnut CA

Individual Events

Junior	O	51.70m
	N	51.70m
Juvenile	O	48.24m
	N	48.24m
Midget	O	42.88m
	N	42.88m

BC Track Field Records

Joan Pavelich	53	VOC
Joan Pavelich	53	VOC
Joan Pavelich	53	KAJ
Joan Pavelich	53	KAJ
Joan Pavelich	53	KAJ
Joan Pavelich	53	KAJ

Women - Updated 2/7/2008

4/25/1971	Walnut
4/25/1971	Walnut
7/1/1969	East York
7/1/1969	East York
7/13/1968	Yakima
7/13/1968	Yakima

Old Javelin

Senior	O	57.44m	Laurie Kern	57	Kajaks	7/17/1980	Philadelphia
	N	57.44m	Laurie Kern	57	Kajaks	7/17/1980	Philadelphia
Junior	O	54.92m	Alison Hayward	58	Can/VOC	8/11/1977	Mexico
	N	54.92m	Alison Hayward	58	Can/VOC	8/11/1977	Mexico
Juvenile	O	49.18m	Laurie Kern	57	BC/Kajaks	8/12/1973	Burnaby
	N	49.18m	Laurie Kern	57	BC/Kajaks	8/12/1973	Burnaby
Midget	O	41.66m	Laurie Kern	57	Richmond	9/18/1970	Victoria
	N	41.66m	Laurie Kern	57	Richmond	9/18/1970	Victoria

New Javelin

Beginning 1/1/99

Senior	O	56.06m	Krista Woodward	84	UN-BC	3/25/2007	Tuscaloosa AL
	N	56.06m	Krista Woodward	84	UN-BC	3/25/2007	Tuscaloosa AL
Junior	O	52.36m	Elizabeth Gleadle	88	TBIRD	4/13/2007	Walnut CA
	N	52.36m	Elizabeth Gleadle	88	TBIRD	4/13/2007	Walnut CA
Juvenile	O	50.53m	Elizabeth Gleadle	88	Tbird	7/17/2005	Marrakech
	N	50.53m	Elizabeth Gleadle	88	Tbird	7/17/2005	Marrakech
Midget	O	41.91m	Nicole Fraser	90	CC	1/7/2005	Kelowna
	N	41.91m	Nicole Fraser	90	CC	1/7/2005	Kelowna

Hammer

Senior (4kg)	O	70.36m	Erin Gilreath		USA	7/1/2004	Harry Jerome
	N	68.60m	Crystal Smith	81	UN-BC	6/14/2007	Lexington KY
Junior (4kg)	O	58.84m	Jennifer Joyce	80	UCB/KAJ	5/21/1999	Phoenix, AZ
	N	58.84m	Jennifer Joyce	80	UCB/KAJ	7/18/1998	Phoenix, AZ
Juvenile (4kg)	O	56.15m	Rochelle Kokayko	87	KEL	8/8/2004	Sudbury
	N	56.15m	Rochelle Kokayko	87	KEL	8/8/2004	Sudbury
Midget (4kg)	O	51.71m	Emma MacCorquodale	90	U	3/6/2005	Burnaby
	N	51.71m	Emma MacCorquodale	90	U	3/6/2005	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.