

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 | 39.90 | Elisa Joyce | 95 | BC-UNAT | Langley, BC | 25.07.2010 |
|--------|-----|-------|-------------|----|---------|-------------|------------|

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 | NTL-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 |
|-------|-----|---------|----------------|----|---------|-------------|------------|

1500mSC⁴

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

2000mSC⁵

| | | | | | | | |
|---------------|------------|----------------|---------------------------|-----------|----------------|---------------------|-------------------|
| JUNIOR | O/N | 6:45.02 | Alycia Butterworth | 92 | BC-OTFC | Winnipeg, MB | 10.07.2011 |
| 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 | 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 | - | - | - | - | - | - |

10000m Racewalk – Track

| | | | | | | | |
|--------|-----|----------|------------------|----|---------|---------------|------------|
| SENIOR | O | 45:17.0h | Janice McCaffery | 59 | NTL-ONT | Victoria, BC | 29.07.1994 |
| | 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 |

10000m Racewalk – Road

| | | | | | | | |
|--------|----|---------|-------------|----|---------|---------------|------------|
| SENIOR | BP | 49:10.4 | Karen Foran | 79 | BC-NTFC | Vancouver, BC | 04.04.1999 |
|--------|----|---------|-------------|----|---------|---------------|------------|

20Km Racewalk – Track

| | | | | | | | |
|--------|---|---|---|---|---|---|---|
| SENIOR | - | - | - | - | - | - | - |
|--------|---|---|---|---|---|---|---|

20Km Racewalk – Road

| | | | | | | | |
|--------|----|---------|-------------|----|----------|--------------|------------|
| SENIOR | BP | 1:38.09 | Karen Foran | 79 | CAN-WALK | Edmonton, BC | 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 (Tie) | Shawni Hayhurst | 93 | BC-5450 | Burnaby, BC | 30.05.2008 |
| | O/N | 3.15m (Tie) | 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 Netthey | 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) | 48.24m | 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 | (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 |

Javelin⁹

| | | | | | | | | |
|---------------|------------|---------------|---------------|------------------------|-----------|----------------|-------------------|-------------------|
| SENIOR | O/N | (600g) | 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 |

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