

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
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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
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1200m²

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

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
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200m Hurdles

MIDGET	O/N	27.92	Michaela Colluney	72	BC-SFTC	Eugene, OR	19.07.1986
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200m Hurdles (0.762m)⁶

MIDGET	O/N	27.88 (1.1)	Meghan Palesch	95	BC-OATF	Ottawa, ON	08.08.2010
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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
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
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20,000m Racewalk – Track

SENIOR	-	-	-	-	-	-	-
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20Km Racewalk – Road

SENIOR	O/N	1:37.32	Nicola Evangelista	88	BC-WALK	Edmonton, AB	09.15.2012
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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
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

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
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