

WOMENS OUTDOOR TRACK + FIELD RECORDS | U16-OPEN

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TRACK EVENTS

100M	AGE	RECORD		ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	11.85	(1.1)	SHAI-ANNE DAVIS	93		KJAK	Sherdrooke, QC	09.08.08
	U18	11.66	(0.8)	KRYSHA BAYLEY	84		COQC	Edmonton, AB	06.22.01
	U20	11.58	(0.8)	RAQUEL TJERNAGEL	97		COQC	Norwalk, CA	04.18.15
	U23	11.33	(1.4)	SHAI-ANNE DAVIS	93		KJAK	Stuttgart, GER	08.02.13
	OPEN	11.03	(1.0)	PHILOMENA MENSAH	75		COQC	Monachil, ESP	08.10.99
200M	AGE	RECORD		ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	23.77	(0.9)	AVIONNE DEAN	10		TBIR	Calgary, AB	08.10.25
	U18	23.75	(1.9)	RAQUEL TJERNAGEL	97		COQC	Eugene, OR	07.24.14
	U20	23.34	(2.0)	RAQUEL TJERNAGEL	97		COQC	Azusa, CA	04.17.15
	U23	23.09	(1.9)	TARA PERRY	74		COQC	Irvine, CA	05.04.96
	OPEN	22.6h	(??)	PATTY LOVEROCK	53		VOCA	Quebec City, QC	08.10.76
	OPEN	23.09	(1.0)	PHILOMENA MENSAH	75		COQC	Flagstaff, AZ	07.10.98
	OPEN	23.09	(1.9)	TARA PERRY	74		COQC	Irvine, CA	05.04.93
300M	AGE	RECORD		ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	38.44		PAYTON ROGERS	10		KJAK	Calgary, AB	8.0925
400M	AGE	RECORD		ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	54.94		ZION CORRALES-NELSON	98		BBYS	Langley, BC	06.01.13
	U18	53.11		CAMILLE NOEL	74		LASR	Provo, UT	05.25.91
	U20	51.88		CAMILLE NOEL	74		UCLA	Berkeley, CA	05.21.93
	U23	51.88		CAMILLE NOEL	74		UCLA	Berkeley, CA	05.21.93
	OPEN	51.88		CAMILLE NOEL	74		UCLA	Berkeley, CA	05.21.93
800M	AGE	RECORD		ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	2:09.00		ALEXA DOW	07		PIHR	Victoria, BC	06.16.22
	U18	2:06.44		RAIYA MATONOVICH	07		PIHR	Surrey, BC	07.30.24
	U20	2:05.19		HELEN CROFTS	91		UNBC	Port of Spain, TRI	08.02.09
	U23	2:01.54		JESSICA BROCKVILLE	89		UNBC	Vancouver, BC	07.01.11
	OPEN	1:58.39		DIANE CUMMINS	74		UNBC	Rieti, ITA	09.02.01
1000M	AGE	RECORD		ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	2:56.16		ALEXA DOW	07		PIHR	Victoria, BC	01.29.22
	U18	2:50.12		MAYA BAECHLER	05		TBIR	Victoria, BC	03.13.21
	U20	2:50.12		MAYA BAECHLER	05		TBIR	Victoria, BC	03.13.21
	U23	2:50.12		MAYA BAECHLER	05		TBIR	Victoria, BC	03.13.21
	OPEN	2:34.14		DIANNE CUMMINS	74		PACS	Rieti, ITA	09.02.01
1200M	AGE	RECORD		ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	3:28.54		ALEXA DOW	07		PIHR	Prince George, BC	07.23.22
1500M	AGE	RECORD		ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	4:24.89		ALEXA DOW	07		PIHR	Vancouver, BC	06.29.22
	U18	4:18.64		ALEXA DOW	07		PIHR	Langley, BC	07.14.23
	U20	4:15.40		LORI DUWARD	72		KJAK	Montreal, QC	06.13.91
	U23	4:09.29		REGAN YEE	95		LANG	Portland, OR	06.11.17

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	OPEN	4:00.27	LYNNE WILLIAMS	60		VRTC	Brussels, BEL	08.30.85
MILE	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U18	4:47.15	ALEXA DOW	07		PIHR	Renton, WA	06.12.24
	U20	4:47.15	ALEXA DOW	07		PIHR	Renton, WA	06.12.24
	U23	4:36.42	THELMA WRIGHT	51		UNBC	London, GBR	09.14.73
	OPEN	4:23.28	LEAH PELLIS	64		UNBC	Zurich, SUI	08.17.96
2000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	6:15.40	CLARA SIMPSON	10		PIHR	Calgary, AB	08.10.25
	U23	6:15.40	CLARA SIMPSON	10		PIHR	Calgary, AB	08.10.25
	OPEN	5:34.49	ANGELA CHALMERS	70		VRTC	Sheffield, GBR	09.04.94
3000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	9:48.8 (h)	CAROLINE WALLIS	63		MGEE	Burnaby, BC	04.28.78
	U18	9:22.05	TARYN O'NEILL	00		OACS	Lime, PER	07.21.17
	U20	9:12.39	BRENDA SHACKLETON	66		KTFC	Saint John, NB	08.16.85
	U23	9:03.52	NICOLE HUTCHINSON	97		UNBC	Burnaby, BC	06.23.19
	OPEN	8:32.17	ANGELA CHALMERS	70		VRTC	Victoria, BC	08.23.94
5000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U20	16:45.6	MARGARET BUTLER	78		KJAK	Burnaby, BC	03.23.97
	U23	15:36.14	TARYN O'NEIL	00		OACS	Fresno, CA	04.30.21
	OPEN	14:54.98	COURTENAY BABCOCK	72		MTWT	Paris, FRA	08.30.03
10000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U20	36:58.60	FREDERIQUE SCHMIDT	67		KJAK	Burnaby, BC	06.26.85
	U23	33:29.16	KATRINA ALLISON	94		TBIR	Gwangu, KOR	07.08.15
	OPEN	31:41.59	NATASHA WODAK	81		PIHR	Stanford, CA	05.12.15
80H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	0.76m 11.33	0.8 JASNEET NIJJAR	01		UATH	Nanaimo, BC	07.17.16
100H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U18	0.76m 13.49	1.2 CHRISTABEL NETTEY	91		KJAK	Ostrava, CZE	07.12.07
	U20	0.84m 13.56	0.9 KATARINA VLOHOVIC	00		UATH	Ottawa, ON	07.07.18
	U23	0.84m 13.27	1.5 KATARINA VLOHOVIC	00		UATH	Lubbock, TX	05.15.22
	OPEN	0.84m 13.27	1.5 KATARINA VLOHOVIC	00		UATH	Lubbock, TX	05.15.22
200H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	0.76m 26.25	-1.2 JASNEET NIJJAR	01	15	UATH	Ste-Therese, QC	08.07.16
300H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	0.76m 43.13	SOFIA ZENONE	10		LANG	Coquitlam, BC	07.06.25
400H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U18	0.76m 59.74	ELZABETH GUMMER	99		CXVC	Edmonton, AB	07.07.16
	U20	0.76m 59.22	CORI-ANN CAMPBELL-FELL	87		TBIR	Beijing, CHN	08.15.06
	U23	0.76m 58.10	MICHAELA COLLUNEY	72		KJAK	Abbotsford, BC	05.22.93
	OPEN	0.76m 56.12	YVONNE MENSAH	85		KJAK	Lawrence, KS	04.19.08
1500SC	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE

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	U16	0.76m	4:50.45	KATELYN STEWART-BARNETT	03		CITY	Brandon, MB	08.12.18
2000SC	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U18	0.76m	6:41.46	GRACE FETHERSTONHAUGH	00		CITY	Brandon, MB	08.13.17
3000SC	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U20	0.76m	10:01.95	GRACE FETHERSTONHAUGH	00		CITY	Portland, OR	06.10.18
	U23	0.76m	9:25.98	CEILI MCCABE	01		UNBC	Langley, BC	07.27.23
	OPEN	0.76m	9:20.58	CEILI MCCABE	01		UNBC	Los Angeles, CA	05.18.24
4 x 200M	AGE		RECORD	TEAM			CLUB	LOCATION	DATE
	Researching...								
4 x 400M	AGE		RECORD	TEAM			CLUB	LOCATION	DATE
	Researching...								
4 x 800M	AGE		RECORD	TEAM			CLUB	LOCATION	DATE
	Researching...								
4 x 1500M	AGE		RECORD	TEAM			CLUB	LOCATION	DATE
	Researching...								
SMR	AGE		RECORD	TEAM			CLUB	LOCATION	DATE
	Researching...								
DMR	AGE		RECORD	TEAM			CLUB	LOCATION	DATE
	Researching...								
1500RW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16		7:07.17	CASSIDY CARDLE	02		WALK	Brandon, MB	08.13.17
3000RW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U18		14:21.83	MAYA PIESIK	09		TBIR	Burnaby, BC	07.15.25
	U20		14:21.83	MAYA PIESIK	09		TBIR	Burnaby, BC	07.15.25
	U23		12:56.26	OLIVIAL LUNDMAN	03		UNBC	Burnaby, BC	07.15.25
	OPEN		12:56.26	OLIVIAL LUNDMAN	03		UNBC	Burnaby, BC	07.15.25
5000RW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U18		25:02.68	MAYA PIESIK	09		TBIR	Coquitlam, BC	07.06.25
	U20		23:12.53	OLIVIA LUNDMAN	03		NTFC	Vancouver, BC	03.26.22
	U23		21:55.86	OLIVIA LUNDMAN	03		UNBC	Langley, BC	04.12.25
	OPEN		21:55.86	OLIVIA LUNDMAN	03		UNBC	Langley, BC	04.12.25
10000RW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U20		47:24.73	OLIVIA LUNDMAN	03		NTFC	Kamloops, BC	07.10.22
	U23		45:55.12	OLIVIA LUNDMAN	03		UNBC	Coquitlam, BC	07.06.25
	OPEN		45:55.12	OLIVIA LUNDMAN	03		UNBC	Coquitlam, BC	07.06.25
20000RW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	OPEN		1:37:40.34	OLIVIA LUNDMAN	03		UNBC	Ottawa, ON	08.02.25

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JUMPING EVENTS

LONG JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	6.17	(0.6) SABRINA NETTEY	90		SFTC	Walnut, CA	04.16.05
	U18	6.27	(+0.9) KRYSHA BAYLEY	84		COCQ	Ottawa, ON	07.21.01
	U20	6.38	(1.9) KRYSHA BAYLEY	84		COCQ	Athens, GA	03.29.03
	U23	6.75	(0.8) CHRISTABEL NETTEY	91		UNBC	Tempe, AZ	04.06.13
	OPEN	6.99	(0.8) CHRISTABEL NETTEY	91		UNBC	Eugene, OR	05.29.15
TRIPLE JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	12.35	(0.0) SABRINA NETTEY	90		UATH	Walnut, CA	04.16.05
	U18	12.35	(0.0) SABRINA NETTEY	90		UATH	Walnut, CA	04.16.05
	U20	12.35T	(0.0) SABRINA NETTEY	90		UATH	Walnut, CA	04.16.05
	U20	12.35T	(-0.2) ALEISHA COBB	91		PATH	Duncan, BC	06.14.09
	U23	13.45	(-1.8) YVONNE MENSAH	85		KJAK	Knoxville, TN	05.27.06
	OPEN	13.45	(-1.8) YVONNE MENSAH	85		KJAK	Knoxville, TN	05.27.06
HIGH JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	1.87	JAYLAH DENNIS	10		COQC	Calgary, AB	08.10.25
	U18	1.87	JAYLAH DENNIS	10		COQC	Calgary, AB	08.10.25
	U20	1.87	JAYLAH DENNIS	10		COQC	Calgary, AB	08.10.25
	U23	1.89	ALYXANDRIA TREASURE	92		UNBC	Moncton, NB	06.27.14
	OPEN	1.99	DEBBIE BRILL	53		UNBC	Edmonton, AB	01.23.82
POLE VAULT	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	3.60	MACKENZIE HURTUBISE	07		LANG	Langley, BC	06.11.22
	U18	4.00	MACKENZIE HURTUBISE	07		LANG	Toronto, ON	07.21.24
	U20	4.10	SONYA URBANOWICZ	04		NTFC	Langley, BC	06.26.22
	U23	4.20	SONYA URBANOWICZ	04		UNBC	Long Beach, CA	04.18.25
	OPEN	4.45	CARLY DOCKENDORF	83		UNBC	Seattle, WA	07.10.10

THROWING EVENTS

SHOT PUT	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	3.00K 15.19	DOLLY GABRI	01		UNBC	Langley, BC	06.06.15
	U18	3.00K 16.38	TALIA PHANGURA	08		UNBC	Coquitlam, BC	07.06.25
	U18	4.00K 13.92	TALIA PHANGURA	08		UNBC	Coquitlam, BC	06.01.25
	U20	4.00K 14.58	JILIAN WEIR	93		UNBC	Portland, BC	06.16.12
	U23	4.00K 15.85	OLIVIA MORICONI	96		UNBC	Coquitlam, BC	07.16.17
	OPEN	4.00K 15.89	TASHA WILLING	98		UNBC	Knoxville, TN	04.10.21
DISCUS THROW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	1.00K 47.35	DOLLY GABRI	01		CTC1	Langley, BC	06.19.16

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U18	1.00K	48.98	ASIANNA COVINGTON	95	KJAK	Surrey, BC	04.28.12
U20	1.00K	51.68	AGNES ESSER	95	AVIC	Eugene, OR	07.24.14
U23	1.00K	57.91	AGNES ESSER	95	AVIC	Lawrence, KS	05.28.16
OPEN	1.00K	60.50	AGNES ESSER	95	AVIC	Victoria, BC	06.12.24

HAMMER THROW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	3.00K	61.40	LINDSEY FREDERIKSEN	99	UNBC	Richmond, BC	09.06.14
	U18	3.00K	65.16	CAMRYN ROGERS	99	KJAK	Nanaimo, BC	07.12.15
	U18	4.00K	59.73	CAMRYN ROGERS	99	KJAK	Richmond, BC	05.21.16
	U20	4.00K	65.61	CAMRYN ROGERS	99	KJAK	Berkeley, CA	04.27.18
	U23	4.00K	75.52	CAMRYN ROGERS	99	KJAK	Tokyo, JPN	09.15.25
	OPEN	4.00K	80.51	CAMRYN ROGERS	99	KJAK	Eugene, OR	06.10.21

JAVELIN THROW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	500G	44.97	BRITTNI WOLCZYK	97	LANG	Charlottetown, PE	08.19.12
	U18	500G	55.59	GILLIAN GALIK	08	CXVC	Sherbrooke, QC	08.13.23
	U18	600G	50.53	ELIZABETH GLEADLE	99	TBIR	Marrakech, MAR	07.15.05
	U20	600G	53.67	BRITTNI WOLCZYK	97	UNBC	Burnaby, BC	06.17.16
	U23	600G	58.21	ELIZABETH GLEADLE	88	UNBC	Belgrade, SRB	07.09.09
	OPEN	600G	64.83	ELIZABETH GLEADLE	88	UNBC	Kawasaki, JPN	05.10.15

COMBINED EVENTS

PENTATHLON	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U16	3332	NINA SCHULTZ	98		NWSA	Surrey, BC	08.11.13
			(12.15 - 812 / 1.63m - 771 / 5,22m - 620 / 9.65m - 507 / 2:35.79 - 622)					

HEPTATHLON	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	U18	5573	LILY STRODA	08		UNBC	Calgary, AB	08.09.25
			(13.66 - 1027 / 12.41m - 688 / 1.70m - 855 / 24.94 - 892 / 5.91m - 822 / 32.93 - 532 / 2:25.01 - 757)					
	U20	6021	NINA SCHULTZ	98		NWSA	Tucson, AZ	04.07.17
			(13.83 - 1003 / 12.19m - 674 / 1.75m - 916 / 24.43 - 940 / 6.04m - 862 / 46.09 - 785 / 2:18.75 - 841)					
	U23	6123	NINA SCHULTZ	98		NWSA	Gold Coast, AUS	04.13.18
			(13.47 - 1055 / 12.13m - 670 / 1.84m - 1029 / 25.02 - 885 / 6.19m - 908 / 43.11 - 727 / 2:17.40 - 859)					
	OPEN	6314	GEORGIA ELLENWOOD	95		UNBC	Ratingen, GER	06.20.21
			(13.40 - 1065 / 12.29m - 680 / 1.76m - 928 / 24.29 - 953 / 6.20m - 912 / 48.57 - 832 / 2:11.45 - 944)					

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100M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	T33	25.25 (0.2)	BROOKE PEREPELUK	02	23	WCRS	Ottawa, ON	08.01.25
	T34	20.60 (0.0)	DJAMI DIALLO	85	31	WCRS	Nanaimo, BC	07.17.16
	T44	15.81 (0.3)	SHANNON LAURIE	60	56	VICS	Tucson, AZ	05.14.16
	T52	18.67 (1.7)	MICHELLE STILWELL	74	38	WCRS	Windsor, ON	07.14.12
	T53	16.12 (0.7)	JESSICA LEWIS	93	31	UNBC	Nottwil, SUI	06.08.24
	T54	20.85 (-0.1)	JESSI GUERRIER	00	25	WCRS	Coquitlam, BC	07.06.25
200M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	T20	30.02 (0.5)	LINDSAY KINNEAR	88	30	OACS	Kelowna, BC	05.11.18
	T33	49.66 (0.8)	BROOKE PEREPELUK	02	23	WCRS	Coquitlam, BC	07.06.25
	T34	36.05 (1.0)	DJAMI DIALLO	85	31	WCRS	Edmonton, AB	07.09.16
	T44	34.69 (1.0)	SHANNON LAURIE	87	29	VICS	Tempe, AZ	05.14.16
	T52	33.58 (-0.4)	MICHELLE STILWELL	74	38	WCRS	Nottwil, SUI	05.19.12
	T53	30.18 (2.2)	JESSICA LEWIS	93	32	UNBC	Ottawa, ON	08.02.25
	T54	39.94 (0.8)	JESSI GUERRIER	00	25	WCRS	Coquitlam, BC	07.06.25
400M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	T20	1:13.57	LINDSAY KINNEAR	88	30	OACS	Coquitlam, BC	06.10.18
	T33	1:51.12	BROOKE PEREPELUK	02	23	WCRS	Vancouver, BC	08.08.25
	T34	1:04.48	DJAMI DIALLO	85	28	WCRS	Nanaimo, BC	05.25.13
	T52	1:05.41	MICHELLE STILWELL	74	38	WCRS	Sydney, AUS	02.18.12
	T53	58.00	JESSICA LEWIS	93	31	UNBC	Paris, FRA	06.14.24
	T54	1:13.33	JESSI GUERRIER	00	25	WCRS	Coquitlam, BC	07.06.25
800M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	T13	2:34.50	COURTNEY KNIGHT	76	24	UNBC	Sydney, AUS	10.22.00
	T34	2:26.91	DJAMI DIALLO	85	29	WCRS	Coquitlam, BC	06.08.14
	T52	2:14.79	MICHELLE STILLWELL	74	39	WCRS	Lyon, FRA	07.25.13
	T54	2:55.68	JESSI GUERRIER	00	25	WCRS	Coquitlam, BC	07.06.25
1500M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	T34	3:42.79	DJAMI DIALLO	85	29	WCRS	Nanaimo, BC	06.26.14
	T52	4:42.11	MICHELLE STILLWELL	74	36	WCRS	Victoria, BC	05.09.10
	T53	5:07.36	JESSICA LEWIS	93	32	UNBC	Hamilton, ON	07.23.25

THROWING EVENTS

SHOT PUT	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	F11	4.00K 10.99	LJILJANA LJUBISIC	60		KJAK	Burnaby, BC	01.01.88
	F13	4.00K 10.28	COURTNEY KNIGHT	76		KJAK	Burnaby, BC	01.01.02
	F33	3.00K 7.54	JULIA HANES	95		BCWS	Burnaby, BC	07.15.25
	F44	4.00K 5.09	NANCY COCHRANE	52		UNBC	Victoria, BC	05.11.14
	F52	2.00K 3.74	TIANA HESMERT	91		WCRS	Langley, BC	07.28.23
	F57	3.00K 7.76	JESSYE BROCKWAY	93		WCRS	Langley, BC	06.19.16
	F58	4.00K 6.3	JESSYE BROCKWAY	93		WCRS	Nanaimo, BC	05.25.13

WOMENS OUTDOOR TRACK + FIELD RECORDS | PARA

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DISCUS THROW		AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	F11	1.00K	26.24	LJILJANA LJUBISIC	60		UNBC	Guelph, ON	06.16.21
	F13	1.00K	24.76	COURTNEY KNIGHT	76		KJAK	Vancouver, BC	05.11.12
	F33	1.00K	20.62	JULIA HANES	95		WCRS	Nanaimo, BC	07.14.24
	F52	1.00K	7.17	TIANA HESMERT	91		WCRS	Ottawa, ON	07.30.25
	F57	1.00K	21.39	JESSYE BROCKWAY	93		WCRS	Nanaimo, BC	05.26.14
	F58	1.00K	20.71	JESSYE BROCKWAY	93		WCRS	Kamloops, BC	07.21.13

JAVELIN THROW		AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	F11	600G	26.24	NESS MURBY	85		UNBC	Ottawa, ON	07.05.17
	F13	600G	40.98	COURTNEY KNIGHT	76		KJAK	Prince George, BC	01.01.02
	F33	600G	16.86	JULIA HANES	95		BCWS	New Delhi, IND	09.29.25
	F44	600G	10.87	NANCY COCHRANE	52		UNBC	Coquitlam, BC	06.08.14
	F52	600G	6.23	TIANA HESMERT	91		WCRS	Victoria, BC	06.11.25
	F57	600G	16.67	JESSYE BROCKWAY	93		WCRS	Langley, BC	06.21.15
	F58	600G	15.36	JESSYE BROCKWAY	93		WCRS	Surrey, BC	06.16.13

WOMENS OUTDOOR TRACK + FIELD RECORDS | MASTERS

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TRACK EVENTS

100M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	13.12	(1.2) CORRIE FELL THOMPSON	87	35	TBIR	Surrey, BC	08.01.23
	W40	13.14	(1.9) BETSY LORD	56	43	UNBC	Gateshead, GBR	07.31.99
	W45	13.17	(0.0) KIM ROSS	60	47	UNBC	Spokane, WA	08.08.08
	W50	13.84	(1.4) AVRIL DOUGLAS	46	51	KJAK	Orono, ME	08.01.98
	W55	14.24	(1.4) AVRIL DOUGLAS	46	55	KJAK	Toronto, ON	08.25.01
	W60	14.08	(1.1) PATTY SZYBUNKA	57	61	NORW	Toronto, ON	07.20.19
	W65	14.62	(1.6) PATTY SZYBUNKA	57	65	NORW	Nanaimo, BC	09.11.25
	W70	15.86	(0.3) CHRISTA BORTIGNON	37	74	WVAN	Trail, BC	08.18.11
	W75	15.82	(0.7) CHRISTA BORTIGNON	37	76	WVAN	Kamloops, BC	08.21.13
	W80	17.06	(1.1) CHRISTA BORTIGNON	37	81	WVAN	Spokane, WA	07.28.18
	W85	18.14	(0.0) CHRISTA BORTIGNON	37	85	WVAN	Surrey, BC	08.13.22
	W90	23.95	(1.3) OLGA KOTELKO	19	90	GREY	Sydney, BC	10.11.09

200M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	26.54	(0.5) CORRIE FELL THOMPSON	87	35	TBIR	Nanaimo, BC	07.09.23
	W40	27.03	(-0.3) BETSY LORD	56	43	UNBC	Gateshead, GBR	08.03.99
	W45	27.15	(0.1) AVRIL DOUGLAS	46	47	KJAK	Provo, UT	08.13.93
	W50	28.53	(0.5) AVRIL DOUGLAS	46	54	KJAK	Kamloops, BC	08.19.00
	W55	27.90	(1.2) AVRIL DOUGLAS	46	55	KJAK	Toronto, ON	08.01.01
	W60	30.07	(-0.1) PATTY SZYBUNKA	57	61	NORW	Langley, BC	06.14.19
	W65	30.74	(1.1) PATTY SZYBUNKA	57	65	NORW	Surrey, BC	07.04.23
	W70	33.70	(1.2) DIANE PALMASON	38	71	UNBC	Kamloops, BC	07.19.09
	W75	33.86	(1.6) CHRISTA BORTIGNON	37	76	WVAN	Stendal, GER	06.01.13
	W80	37.00	(1.2) CHRISTA BORTIGNON	37	80	WVAN	Kamloops, BC	05.06.17
	W85	39.58	(1.6) CHRISTA BORTIGNON	37	85	WVAN	Prince George, BC	06.17.22
	W90	56.46	(0.0) OLGA KOTELKO	19	90	GREY	Lahti, FIN	08.03.09

400M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	57.84	ROBYN POULIN	82	36	VAAA	Coquitlam, BC	06.06.19
	W40	59.75	ERNA KOZAK	45	40	UNBC	Rome, ITA	06.27.85
	W45	1:00.02	AVRIL DOUGLAS	46	47	KJAK	Provo, UT	08.12.93
	W50	1:02.95	AVRIL DOUGLAS	46	50	KJAK	Eugene, OR	08.23.96
	W55	1:02.40	AVRIL DOUGLAS	46	55	KJAK	Toronto, ON	08.25.01
	W60	1:09.57	AVRIL DOUGLAS	46	60	KJAK	Abbotsford, BC	09.25.06
	W65	1:13.69	PATTI ROGERS	60	65	NTFC	Comox, BC	06.21.25
	W70	1:17.14	DIANE PALMASON	38	71	UNBC	Kamloops, BC	07.18.09
	W75	1:19.53	CHRISTA BORTIGNON	37	76	WVAN	Kamloops, BC	08.22.13
	W80	1:35.88	CHRISTA BORTIGNON	37	80	WVAN	Kamloops, BC	05.05.18
	W85	2:10.81	LENORE MONTGOMERY	30	87	GREY	Burnaby, BC	07.08.17
	W90	2:50.28	OLGA KOTELKO	19	90	GREY	Richmond, BC	09.17.09

800M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	2:00.08	DIANE CUMMINS	74	36	UNBC	Kessel-Lo, BEL	08.14.10
	W40	2:01.38	DIANE CUMMINS	74	40	UNBC	Victoria, BC	07.08.14
	W45	2:16.1(h)	MAUREEN DE ST. CROIX	56	48	OATF	Burnaby, BC	07.19.01
	W50	2:16.62	MAUREEN DE ST. CROIX	56	50	OATF	Burnaby, BC	06.17.03
	W55	2:32.57	AVRIL DOUGLAS	46	55	KJAK	Langley, BC	06.15.02

WOMENS OUTDOOR TRACK + FIELD RECORDS | MASTERS

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800M cont.	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W60	2:49.12	JULIETTE CHRISTIE	62	61	UNBC	Vancouver, BC	08.18.23
	W65	3:04.53	HAZEL CAMERON	24	65	UNBC	Eugene, OR	07.30.89
	W70	3:06.74	DIANE PALMASON	38	70	UNBC	Courtenay, BC	06.28.08
	W75	3:37.05	LENORE MONTGOMERY	30	75	GREY	Duncan, BC	06.12.05
	W80	3:59.66	KARIN VICKARS	28	80	UNBC	Surrey, BC	08.05.18
	W85	4:33.86	LENORE MONTGOMERY	30	85	GREY	Burnaby, BC	08.27.15
	W90	6:13.82	LENORE MONTGOMERY	30	90	GREY	Surrey, BC	09.12.20

1500M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	4:07.88	LEAH PELLIS	65	35	UNBC	Eugene, OR	06.24.00
	W40	4:23.63	ERNA KOZAK	45	41	UNBC	Burnaby, BC	05.31.86
	W45	4:37.68	MAUREEN DE ST. CROIX	52	49	OATF	Burnaby, BC	06.02.01
	W50	4:40.92	MAUREEN DE ST. CROIX	65	50	OATF	Langley, BC	06.03.15
	W55	5:18.40	CAROL MONTGOMERY	65	57	UNBC	Surrey, BC	08.28.22
	W60	5:30.32	JULIETTE CHRISTIE	40	62	UNBC	Surrey, BC	07.02.24
	W65	6:13.8(h)	HAZEL CAMERON	24	65	UNBC	Edmonton, AB	06.17.89
	W70	6:39.93	DIANE PALMASON	38	70	UNBC	Courtenay, BC	06.29.08
	W75	6:57.67	LENORE MONTGOMERY	30	75	GREY	Duncan, BC	06.11.05
	W80	7:55.16	KARIN VICKARS	38	80	UNBC	Surrey, BC	07.10.18
	W85	9:06.76	LENORE MONTGOMERY	30	85	GREY	Burnaby, BC	08.28.15
	W90	12:34.67	LENORE MONTGOMERY	30	90	GREY	Surrey, BC	09.12.20

MILE	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	4:55.71	ERNA KOZAK	45	38	UNBC	Eugene, OR	06.25.83
	W40	4:59.27	NANCY TINARI	59	41	GREY	San Francisco, CA	10.29.00
	W45	5:03.18	MAUREEN DE ST. CROIX	53	48	OATF	Eugene, OR	06.23.01
	W50	5:02.80	MAUREEN DE ST. CROIX	53	50	OATF	Richmond, BC	06.04.03
	W55	5:41.38	AVRIL DOUGLAS	47	55	KJAK	Richmond, BC	05.28.02
	W60	5:55.41	JULIETTE CHRISTIE	62	61	UNBC	Surrey, BC	04.12.25
	W65	6:38.22	CINDY RHODES	57	65	KRCC	Kelowna, BC	07.19.22
	W70	7:33.50	DEANNA CLARK	48	71	GREY	Vancouver, BC	08.31.19
	W75	8:17.4(h)	HAZEL CAMERON	24	75	UNBC	Burnaby, BC	07.13.99
	W80	9:49.4(h)	IVY GRANSTORM	12	80	UNBC	Burnaby, BC	05.21.92
	W85	11:54.30	IVY GRANSTORM	12	86	UNBC	Eugene, OR	06.27.98

3000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	8:59.21	ULLA MARQUETTE	58	35	UNBC	Lindau, GER	08.08.93
	W40	9:40.89	CATHERINE WATKINS	72	42	UNBC	Victoria, BC	05.24.14
	W45	9:44.94	MARILYN ARSENAULT	68	47	UNBC	Victoria, BC	05.30.15
	W50	11:02.02	JULIETTE CHRISTIE	62	50	UNBC	Langley, BC	06.16.12
	W55	11:19.04	CAROL MONTGOMERY	65	57	GREY	Surrey, BC	08.14.22
	W60	11:35.50	JULIETTE CHRISTIE	62	63	UNBC	Abbotsford, BC	06.07.25
	W65	14:41.26	LYNETTE BALDOCK	47	65	UNBC	Langley, BC	06.16.12
	W70	15:27.4(h)	IVY GRANSTORM	12	73	UNBC	Gresham, OR	07.27.85
	W75	15:32.99	GWEN MCFARLAN	34	78	KJAK	Burnaby, BC	07.08.12
	W80	16:47.89	LENORE MONTGOMERY	30	82	GREY	Langley, BC	06.16.12
	W85	19:58.05	LENORE MONTGOMERY	30	87	GREY	Burnaby, BC	07.09.17

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5000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	15:27.70	LESLIE SEXTON	87	36	TBIR	Portland, OR	06.04.23
	W40	16:55.1(h)	NANCY TINARI	59	44	GREY	Burnaby, BC	06.24.03
	W45	16:51.08	MARILYN ARSENAULT	68	47	UNBC	Portland, OR	06.13.15
	W50	17:22.97	LUCY SMITH	67	50	PIHR	Victoria, BC	06.21.17
	W55	19.40.49	ALITA DOMMAN	69	56	VFAC	Vancouver, BC	06.28.25
	W60	19:54.14	JULIETTE CHRISTIE	63	61	UNBC	Vancouver, BC	03.23.24
	W65	22:24.61	ROSAMUND DASHWOOD	24	65	UNBC	Eugene, OR	04.08.89
	W70	23:43.35	LENORE MONTGOMERY	30	73	GREY	Chilliwack, BC	09.04.03
	W75	25:09.0(h)	GWEN MCFARLAN	34	75	KJAK	Richmond, BC	09.17.09
	W80	28:11.90	LENORE MONTGOMERY	30	82	GREY	Burnaby, BC	08.22.12
	W85	32:36.20	LENORE MONTGOMERY	30	85	GREY	Burnaby, BC	08.26.15

10000M	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	31:43.26	NATASHA WODAK	82	37	PIHR	Palo Alto, CA	05.02.19
	W40	32:42.77	NATASHA WODAK	82	41	PIHR	Langley, BC	06.23.23
	W45	34:28.11	MARILYN ARSENAULT	68	45	UNBC	Victoria, BC	08.21.13
	W50	45:40.00	MARCIA STROMSMOE	49	52	UNBC	Brisbane, AUS	07.09.01
	W55	42:03.42	GWYNETH WOODSON	51	56	UNBC	Riccione, ITA	09.12.07
	W60	48:35.20	ROSAMUND DASHWOOD	24	63	UNBC	Melbourne, AUS	11.28.87
	W65	46:54.87	ROSAMUND DASHWOOD	24	65	UNBC	Eugene, OR	07.29.89
	W70	52:43.86	LENORE MARVIN	20	71	UNBC	Turku, FIN	07.21.91
	W75	54:12.57	LENORE MONTGOMERY	30	76	GREY	Dieppe, NB	07.06.06
	W80	1:09:32.1(h)	IVY GRANSTROM	12	80	UNBC	Spokane, WA	08.15.92
	W85	26:55.07	IVY GRANSTROM	12	86	UNBC	Saskatoon, SK	07.03.98

80H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W40	0.76m 14.01	-1.6 JEANNETTE VAN DEN BULK	77	42	AVIC	Langley, BC	06.15.19
	W45	0.76m 14.14	0.0 JEANNETTE VAN DEN BULK	77	45	AVIC	Tampere, FIN	07.09.22
	W50	0.76m 14.02	1.8 SUNNETTE LESSING	68	51	UNBC	Toronto, ON	07.19.19
	W55	0.76m 13.98	0.0 SUNNETTE LESSING	68	56	UNBC	Coquitlam, BC	08.04.24
	W60	0.69m 14.77	0.0 CINDY O'BRIEN HUGH	58	64	GREY	Surrey, BC	08.27.22
	W65	0.69m 15.04	0.0 CINDY O'BRIEN HUGH	58	65	GREY	Coquitlam, BC	08.03.24
	W70	0.69m 18.18	0.0 DEBORAH LEE	50	70	GREY	Surrey, BC	09.12.20
	W75	0.69m 17.44	0.6 CHRISTA BORTIGNON	37	76	UNBC	Kamloops, BC	08.21.13
	W80	0.69m 21.12	1.1 CHRISTA BORTIGNON	37	81	UNBC	Surrey, BC	08.03.18

100H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	0.84m 17.01	1.9 JEANETTE VAN DEN BULK	77	36	AVIC	Turin, ITA	08.05.13

200H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W70	0.68m 43.71	-0.3 CHRISTA BORTIGNON	37	74	UNBC	Berea, OH	07.31.11
	W75	39.89	0.0 CHRISTA BORTIGNON	37	76	UNBC	Kamloops, BC	05.18.13
	W80	46.64	-0.5 CHRISTA BORTIGNIN	37	80	UNBC	Kamloops, BC	05.05.17

300H	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W50	0.76m 1:03.94	NANCY COCHRANE	52	50	UNBC	Orono, ME	08.09.02
	W55	0.76m 58.31	JUDY SUMMERS	64	59	VRTC	Kelowna, BC	07.02.23
	W60	0.68m 1:00.06	JUDY SUMMERS	64	59	VRTC	Nanaimo, BC	05.26.24
	W65	0.68m 1:19.80	NAOMI MORIYAMA	54	60	UNBC	Kelowna, BC	09.11.19

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400H	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	0.76m	1:02.79	JEANNETTE VAN DEN BULK	77	37	AVIC	Victoria, BC	05.10.14
	W40	0.76m	1:07.45	JEANNETTE VAN DEN BULK	77	40	AVIC	Auckland, NZL	04.23.17
	W45	0.76m	1:11.38	JEANNETTE VAN DEN BULK	77	45	AVIC	Bellingham, WA	04.30.22

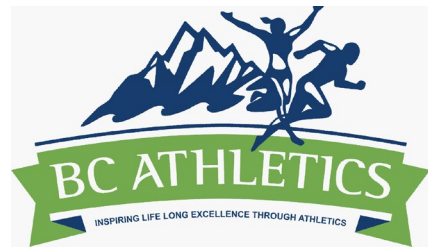
2000SC	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	0.76m	10:36.40	HALIMAH BEAULIEU	81	39	GREY	Surrey, BC	08.22.21
	W45	0.76m	10:11.35	NANCY COCHRANE	52	49	UNBC	Baton Rouge, LA	07.26.01
	W50	0.76m	8:41.67	LESLIE STEVENS	66	50	GREY	Vancouver, BC	08.30.16

4 x 100M	AGE		RECORD	TEAM		CLUB	LOCATION	DATE
	W35		54.96	MEGAN RANKIN (46), ZELDA WEBBER (39) GEORGINA TITUS (42), KIM ROSS (46)		UNBC	Langley	06.17.07
	W40		53.63	MEGAN RANKIN (47), ZELDA WEBBER (40) GEORGINA TITUS (43), KIM ROSS (47)		UNBC	Burnaby, BC	07.22.08
	W45		58.01	NANCY CRAIG (57), JUDITH COOK (54) MELINA THIBODEAU (51), JEANNETTE VAN DEN BULK (46)		UNBC	Langley, BC	08.12.23
	W50		58.74	DEBRA LACHANCE (55), SUNETTE LESSING (56) JANE HILL (51), CINDY O'BRIEN HUGH (65)		UNBC	Kelowna, BC	06.29.24
	W55		59.20	CINDY O'BRIEN HUGH (59), ELAINE WHIDDEN (63) MONICA POMIETLARZ (59), PATTI ROGERS (58)		UNBC	Surrey, BC	08.03.18
	W60		59.60	CINDY O'BRIEN HUGH (63), ELAINE WHIDDEN (67) PATTY SZYBUNKA (64), PATTI ROGERS (62)		UNBC	Surrey, BC	08.13.22
	W65		1:02.39	DENISE BONIN (69), PATTI ROGERS (65) PATTY SZYBUNKA (67), CINDY O'BRIEN HUGH (66)		UNBC	Coquitlam, BC	08.17.25
	W70		1:12.01	DIANE PALMASON (72), GERDA CROSTHWAITE (71) LOUISE REED (75), CHRISTA BORTIGNON (73)		UNBC	Courtney, BC	09.16.10
	W75		1:19.88	CHERRY GRAF (75), CHRISTA BORTIGNON (84) MARG RADCLIFFE (79), AVRIL DOUGLAS (75)		UNBC	Surrey, BC	08.21.21
	W80		1:49.15	HILDEGARD BUSCHHAUS (80), OLGA KOTELKO (89) DOREEN MCLEOD-SMITH (83), LEONA SMITH (80)		UNBC	Prince George, BC	09.13.08

4 x 400M	AGE		RECORD	TEAM		CLUB	LOCATION	DATE
	W35		5:00.13	KARIN ADANDE (36), SHEILA GELINAS (4?) HALIMAH BEAULIEU (40), MARINA KHONINA (41)		UNBC	Surrey, BC	08.14.22
	W40		4:39.82	TAMARA ROBERTSON (48), MELINA THIBODEAU (46) JANETTE WOOD (58) JEANNETTE VAN DEN BULK (40)		UNBC	Surrey, BC	08.05.18
	W45		5:00.08	KRISTEN YARKER (47), MELINA THIBODEAU (52) SHERRY HURST (52), JEANNETTE VAN DEN BULK (47)		UNBC	Nanaimo, BC	05.26.24
	W50		5:00.79	KRISTIN BURRIS (51), LINDA ORDOWSKI (56) CINDY O'BRIEN HUGH (58), LESLIE STEVENS (50)		UNBC	Vancouver, BC	08.30.16
	W55		5:08.78	CINDY O'BRIEN HUGH (59), ELAINE WHIDDEN (62) VALERIE SCOTT (62), JANETTE WOOD (57)		UNBC	Vernon, BC	09.16.17
	W60		5:19.48	COLEEN ROSS (64), MARIE JOHNSON (63) VALERIE SCOTT (61), ELAINE WHIDDEN (61)		UNBC	Vancouver, BC	08.30.16

4 x 800M	AGE		RECORD	TEAM		CLUB	LOCATION	DATE
	W45		10:52.37	MARTHA SIRDEVAN (48), CHRISTY LOVIG (46) CINDY O'KRANE (60), KERRY MACKELVIE (49)		UNBC	Kelowna, BC	10.12.23
	W55		12:28.43	LINDA ORDOWSKI (57), SHARON HANN (57) DEBBIE JORDAN (60), JANETTE WOOD (57)		UNBC	Surrey, BC	07.11.17

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1500RW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	9:39.87	PAOLA RODRIGUEZ		35		Kamloops, BC	07.18.09
	W40	7:16.98	NARDENE HAMMOND		40		Burnaby, BC	07.08.12
	W45	10:20.25	RACHEL FOULADI		45		Burnaby, BC	07.07.13
	W50	10:21.10	JILL ELLIOTT		50		Burnaby, BC	07.07.13
	W55	9:14.55	SUSAN GORDON		58		Duncan, BC	06.09.18
	W60	9:18.78	SUZANNE SHARP		64		Tumwater, WA	07.21.18
	W65	9:21.26	SUZANNE SHARP		65		Burnaby, BC	06.21.18
	W70	10:09.50	SUZANNE SHARP		70		Burnaby, BC	06.21.19
	W75	10:35.70	LENORE MARVIN		76		Victoria, BC	08.10.96
	W80	12:06.55	RENATE CHEETHAM		81		Las Vegas, NV	10.12.19
	W85	12:56.16	RENATE CHEETHAM		85		Langley, BC	08.12.23

MILE RW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	11:28.69	KARIN ADANDE		36		Surrey, BC	08.28.20
	W55	13:29.86	LORI GRAHAM		55		Eugene, OR	06.29.13
	W70	12:40.80	BERTHA JOHNSON		71		Surrey, BC	08.28.22
	W80	12:26.55	RENATE CHEETHAM		82		Surrey, BC	09.12.20

3000RW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W40	14:39.51	NARDENE HAMMOND		41		Langley, BC	07.18.09
	W45	18:05.84	LINDA KEATLEY-CAMPBELL		46		Langley, BC	07.08.12
	W50	20:06.69	JACQUIE HUGHES		53		Duncan, BC	07.07.13
	W55	19:13.36	FAUNE JOHNSON		55		Langley, BC	07.07.13
	W60	19:37.48	SUZANNE SHARP		64		Burnaby, BC	06.09.18
	W65	18:47.30	ELLIE HALCROW		65		Langley, BC	07.21.18
	W70	21:35.40	SUZANNE SHARP		71		St. George, UT	06.21.18
	W75	24:58.47	RENATE CHEETHAM		79		Langley, BC	06.21.19
	W80	24:16.51	RENATE CHEETHAM		83		Surrey, BC	08.10.96

10000RW	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W55	1:24:12.08	LORI GRAHAM		59		Coquitlam, BC	07.16.17

JUMPING EVENTS

LONG JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	4.82	(??) ERNA KOZAK	46	37	UNBC	Richmond, BC	06.15.82
	W40	4.86	(1.3) GEORGINA TITUS	64	43	UNBC	Spokane, WA	08.09.08
	W45	4.67	(0.4) BECKY WILLIS	48	48	UNBC	Eugene, OR	08.21.96
	W50	4.67	(1.5) SUNETTE LESSING	68	51	UNBC	Toronto, ON	07.19.19
	W55	4.57	(0.0) SUNETTE LESSING	68	57	UNBC	Cape Town, RSA	02.15.25
	W60	4.26	(1.7) PATTY SZYBUNKA	57	61	NORW	Langley, BC	06.15.19
	W65	4.00 T	(-2.0) CINDY O'BRIEN HUGH	37	65	UNBC	Langley, BC	06.21.24
	W65	4.00 T	(+0.3) PATTY SZYBUNKA	57	67	NORW	Nanaimo, BC	09.11.25
	W70	3.48	(0.0) CHRISTA BORTIGNON	37	74	UNBC	Lignano, ITA	09.15.11
	W75	3.72	(0.0) CHRISTA BORTIGNON	37	76	UNBC	Burnaby, BC	07.06.13
	W80	3.29	(1.8) CHRISTA BORTIGNON	37	80	UNBC	Burnaby, BC	07.08.17
	W85	3.11	(-1.7) CHRISTA BORTIGNON	37	86	UNBC	Abbotsford, BC	08.24.23
	W90	1.77	(-1.6) OLGA KOTELKO	19	90	GREY	Lahti, FIN	08.07.09
	W95	1.28	(1.5) OLGA KOTELKO	19	95	GREY	Kamloops, BC	05.17.14

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TRIPLE JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	9.11	(0.0) EMILY LYNCH	88	35	GREY	Langley, BC	08.13.23
	W40	9.06	(0.0) SHAUNA BUNBURY	77	44	NORW	Burnaby, BC	07.11.21
	W45	9.60	(-1.2) DEBBIE BRILL	53	49	UNBC	Eugene, OR	06.30.02
	W50	7.71	(1.9) MARGARET RHEBERGEN	55	54	KAML	Kamloops, BC	07.19.09
	W55	9.29	(0.0) SUNETTE LESSING	68	56	UNBC	Kelowna, BC	06.30.24
	W60	8.56	(0.8) PATTY SZYBUNKA	57	63	NORW	Surrey, BC	08.22.21
	W65	8.51	(0.0) PATTY SZYBUNKA	57	66	NORW	Burnaby, BC	07.06.24
	W70	7.87	(0.9) CHRISTA BORTIGNON	37	74	UNBC	Trail, BC	08.19.11
	W75	8.11	(0.4) CHRISTA BORTIGNON	37	75	UNBC	St. George, UT	10.10.12
	W80	7.16	(-0.9) CHRISTA BORTIGNON	37	80	UNBC	Kamloops, BC	05.06.17
	W85	6.62	(0.0) CHRISTA BORTIGNON	37	86	UNBC	Abbotsford, BC	08.25.23
	W90	4.25	(0.2) OLGA KOTELKO	19	90	GREY	Richmond, BC	09.18.09
	W95	3.37	(0.4) OLGA KOTELKO	19	95	GREY	Kamloops, BC	05.18.14

HIGH JUMP	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	1.88	DEBBIE BRILL	53	35	UNBC	Walnut, CA	04.23.88
	W40	1.75	DEBBIE BRILL	53	43	UNBC	Victoria, BC	08.10.96
	W45	1.76	DEBBIE BRILL	53	46	UNBC	Gateshead, GBR	08.06.99
	W50	1.60	DEBBIE BRILL	53	51	UNBC	Langley, BC	06.19.04
	W55	1.47	SUNETTE LESSING	68	56	UNBC	Coquitlam, BC	08.03.24
	W60	1.45	MONICA POMIETLARZ	58	62	OACS	Kelowna, BC	06.12.21
	W65	1.32	MONICA POMIETLARZ	58	65	OACS	Surrey, BC	07.30.24
	W70	1.20	SANDY ANDERSON	40	71	OACS	Sacramento, CA	07.13.11
	W75	1.13	CHRISTA BORTIGNON	37	75	UNBC	Burnaby, BC	08.24.12
	W80	0.99	OLGA KOTELKO	19	81	GREY	St. George, UT	10.10.00
	W85	0.95	CHRISTA BORTIGNON	37	85	UNBC	Surrey, BC	08.27.22
	W90	0.82	OLGA KOTELKO	19	90	GREY	Lahti, FIN	08.01.09
	W95	0.75	OLGA KOTELKO	19	95	GREY	Kamloops, BC	05.18.14

POLE VAULT	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	3.10	LINDSEY KANARY	80	39	NTFC	Burnaby, BC	06.22.19
	W40	3.36	JENNIFER HUNTER	78	40	UNBC	Spokane, WA	07.29.18
	W45	3.03	NANCY CRAIG	65	49	VTFC	Victoria, BC	05.09.15
	W50	2.90	NANCY CRAIG	65	50	VTFC	Victoria, BC	05.07.16
	W55	2.60	NANCY CRAIG	65	58	VTFC	Vancouver, BC	03.24.24
	W60	1.90	JUDY SUMMERS	64	60	VRTC	Nanaimo, BC	06.26.24
	W65	1.85	SANDY ANDERSON	40	69	OACS	Victoria, BC	05.09.09
	W70	1.55	SANDY ANDERSON	40	71	OACS	Trail, BC	08.18.11
	W75	1.05	VIRGINIA HOOVER	40	75	BVAS	Vancouver, BC	08.29.16

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THROWING EVENTS

SHOT PUT	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	4.00K	12.10	AMELIE KOLOSKA	44	37	UNBC	Vancouver, BC	06.04.81
	W40	4.00K	11.95	NORMA JORDAN	42	40	UNBC	Burnaby, BC	07.18.82
	W45	4.00K	10.11	CAROLYN BOOMER	64	47	UNBC	Kamloops, BC	06.05.11
	W50	3.00K	11.38	VERENA STRODA	71	53	UNBC	Kelowna, BC	06.30.24
	W55	3.00K	10.57	MONICA POMIETLARZ	58	58	OACS	Surrey, BC	05.28.17
	W60	3.00K	10.03	MONICA POMIETLARZ	58	61	OACS	Kelowna, BC	09.13.19
	W65	3.00K	9.68	MONICA POMIETLARZ	58	65	OACS	Gothenburg, SWE	08.13.24
	W70	3.00K	8.30	ROSE HARE	48	70	KJAK	Langley, BC	05.26.19
	W75	2.00K	8.90	GABRIELLA MORO	47	75	UNBC	Langley, BC	09.25.22
	W80	2.00K	7.38	GERDA CROSTHWAITE	39	80	OACS	Kelowna, BC	09.13.19
	W85	2.00K	6.75	MYRTLE ACTON	33	89	PTFC	Victoria, BC	09.16.22
	W90	2.00K	6.58	MYRTLE ACTON	33	90	PTFC	Langley, BC	09.11.23
	W95	2.00K	4.91	OLGA KOTELKO	19	95	GREY	Kamloops, BC	05.16.14

DISCUS THROW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	1.00K	40.35	ANNA MODSDELL-JACK	70	36	UNBC	Port Alberni, BC	06.06.10
	W40	1.00K	31.55	NICOLE CARLOS	74	43	OACS	Langley, BC	06.17.17
	W45	1.00K	36.40	NICOLE CARLOS	74	47	OACS	Vernon, BC	08.28.21
	W50	1.00K	34.50	NICOLE CARLOS	74	51	OACS	Kelowna, BC	07.21.25
	W55	1.00K	26.68	LJILJANA LJUBISIC	60	57	UNBC	Surrey, BC	08.05.18
	W60	1.00K	27.63	ROSE HARE	48	63	KJAK	Indio, CA	02.18.12
	W65	1.00K	25.86	ROSE HARE	48	65	KJAK	Burnaby, BC	07.05.14
	W70	1.00K	25.56	ROSE HARE	48	70	KJAK	Langley, BC	05.26.19
	W75	1.00K	23.74	GABRIELLA MORO	47	75	ULTR	Langley, BC	09.25.22
	W80	0.75K	17.95	MYRTLE ACTON	33	81	PTFC	Kamloops, BC	05.16.14
	W85	0.75K	17.23	MYRTLE ACTON	33	86	PTFC	Kelowna, BC	09.12.19
	W90	0.75K	15.83	MYRTLE ACTON	33	90	PTFC	Abbotsford, BC	08.24.23
	W95	0.75K	12.04	OLGA KOTELKO	19	95	GREY	Kamloops, BC	05.17.14

HAMMER THROW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	4.00K	50.74	HARDEEP KAUR	77	39	VRTC	Kelowna, BC	07.03.16
	W40	4.00K	50.75	HARDEEP KAUR	77	40	VRTC	Coquitlam, BC	07.16.17
	W45	4.00K	45.30	HARDEEP KAUR	77	47	VRTC	Kelowna, BC	06.30.24
	W50	3.00K	47.33	NICOLE CARLOS	74	50	UNBC	Kelowna, BC	06.30.24
	W55	3.00K	38.97	CAROLYN WITTRIN	68	55	UNBC	Laval, QC	08.04.24
	W60	3.00K	34.03	CELINA WONG	62	60	CITY	Surrey, BC	08.14.22
	W65	3.00K	32.78	ROSE HARE	48	63	KJAK	Burnaby, BC	07.06.14
	W70	3.00K	30.35	ROSE HARE	48	65	ULTR	Langley, BC	04.28.19
	W75	2.00K	32.82	ROSE HARE	48	70	GREY	Kamloops, BC	05.03.25
	W80	2.00K	28.08	KATHY BAND	42	81	KAML	Abbotsford, BC	08.23.23
	W85	2.00K	22.33	MYRTLE ACTON	33	88	UNBC	Surrey, BC	08.22.21
	W90	2.00K	20.47	MYRTLE ACTON	33	90	UNBC	Langley, BC	08.13.23
	W95	2.00K	14.92	OLGA KOTELKO	19	95	GREY	Kamloops, BC	05.18.14

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JAVELIN THROW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	600G	61.32	ELIZABETH GLEADLE	88	35	TBIR	Burnaby, BC	06.06.24
	W40	600G	47.46	AMELIE KOLOSKA	44	41	UNBC	Toronto, ON	08.21.85
	W45	600G	32.28	NICOLE CARLOS	74	49	OACS	Langley, BC	08.11.23
	W50	500G	31.98	MONICA POMIETLARZ	58	50	OACS	Kamloops, BC	07.19.09
	W55	500G	31.45	MONICA POMIETLARZ	58	59	OACS	Vernon, BC	09.13.17
	W60	500G	29.64	MONICA POMIETLARZ	58	63	OACS	Vernon, BC	08.28.21
	W65	500G	28.78	MONICA POMIETLARZ	58	66	OACS	Gothenburg, SWE	08.22.24
	W70	500G	23.48	MARG RADCLIFFE	42	74	UNBC	Vancouver, BC	08.27.16
	W75	400G	23.16	MARG RADCLIFFE	42	75	UNBC	St. George, UT	10.16.17
	W80	400G	21.98	MARG RADCLIFFE	42	81	UNBC	St. George, UT	10.09.23
	W85	400G	18.56	OLGA KOTELKO	19	85	GREY	Eugene, OR	06.26.04
	W90	400G	13.54	OLGA KOTELKO	19	90	GREY	Lahti, FIN	08.03.09
	W95	400G	11.24	OLGA KOTELKO	19	95	GREY	Budapest, HUN	03.29.14

WEIGHT THROW	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	9.08K	9.40	DEVYN ERICKSON	88	37	CVAC	Langley, BC	09.21.25
	W40	9.08K	10.27	JUDY MACDONALD	67	41	UNBC	Surrey, BC	06.20.08
	W45	9.08K	12.55	NICOLE CARLOS	74	49	VAAA	Langley, BC	08.13.23
	W50	7.26K	15.44	NICOLE CARLOS	74	50	UNBC	Kelowna, BC	06.30.24
	W55	7.26K	10.35	JULIA HENGSTLER	67	55	CVAC	Victoria, BC	09.17.22
	W60	5.45K	13.57	CHRISTINE DALGLEISH	63	62	PGTF	Prince George, BC	06.14.25
	W65	5.45K	12.21	ROSE HARE	48	66	KJAK	Langley, BC	09.17.22
	W70	5.45K	11.27	ROSE HARE	48	70	ULTR	Langley, BC	05.26.19
	W75	4.00K	11.55	ROSE HARE	48		GREY	Kamloops, BC	05.03.25
	W80	4.00K	9.95	KATHY BRAND	42	81	KAML	Abbotsford, BC	08.23.23
	W85	4.00K	9.87	MYRTLE ACTON	33	87	UNBC	Vernon, BC	09.19.20
	W90	4.00K	7.98	MYRTLE ACTON	33	90	UNBC	Abbotsford, BC	08.23.23
	W95	4.00K	6.72	OLGA KOTELKO	19	95	GREY	Surrey, BC	06.15.14

SUPER WEIGHT	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W35	15.88	3.28	PAIGE WIANCKO	87	35	ULTR	Langley, BC	04.16.23
	W45	15.88	7.19	NICOLE CARLOS	74	48	OACS	Surrey, BC	08.14.22
	W50	11.34K	6.11	NANCY SMITH	63	54	OATF	Langley, BC	05.27.18
	W55	11.34K	6.40	CHRISTINE DALGLEISH	63	58	PGTF	Surrey, BC	08.14.22
	W60	9.08K	7.83	CELINA WONG	62	60	CITY	Surrey, BC	08.14.22
	W65	9.08K	7.84	ROSE HARE	48	67	KJAK	Surrey, BC	08.07.16
	W70	9.08K	7.58	ROSE HARE	48	70	ULTR	Langley, BC	04.28.19
	W75	7.26K	5.44	FRANCES STEINFELD	38	79	ULTR	Surrey, BC	08.13.17
	W85	7.26K	4.89	OLGA KOTELKO	19	88	GREY	Eugene, OR	05.13.07

COMBINED EVENTS

THROWS PENT	AGE		RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W40		2375	NICOLE CARLOS	74	44	OACS	Surrey, BC	08.03.18
				(30.23 - 475, 7.93/454, 30.23/509, 27.13/489, 9.46/ 448)					
	W45		3359	NICOLE CARLOS	74	47	OACS	Vernon, BC	08.28.21
				(37.31/686, 9.38/616, 36.40/710, 31.80/662, 12.46/685)					

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THR PENT cont.	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W50	3555	NICOLE CARLOS (47.02/851, 10.44/649, 34.04/734, 27.95/578, 14.03/743)	74	50	OACS	Kelowna, BC	06.28.24
	W55	2749	JULIA HENGSTLER (27.74/516, 9.57/649, 24.03/545, 20.65/459, 10.38/580)	67	55	CVAC	Victoria, BC	09.17.22
	W60	3049	JOAN HARRIS (29.66/636, 8.19/600, 23.44/600, 23.76/618, 11.43/595)	62	61	PGTF	Abbotsford, BC	08.23.23
	W65	3561	ROSE HARE (30.37/749, 9.33/789, 23.78/697, 21.66/635, 11.70/691)	48	65	KJAK	Kamloops, BC	05.16.14
	W70	3581	ROSE HARE (28.77/812, 8.30/781, 21.60/716, 16.36/528, 11.12/744)	48	70	ULTR	Langley, BC	05.26.19
	W75	3314	ROSE HARE (32.18 / 8.37 / 21.72 / 13.78 / 10.56)	48	78	GREY	Calgary, AB	09.13.25
	W80	3191	KATHY BRAND (24.98/701, 6.40/605, 15.12/547, 16.46/645. 9.63/693)	42	80	KAML	Surrey, BC	08.27.22
	W85	3501	MYRTLE ACTON (21.04/701, 6.45/731, 15.48/684, 13.51/618, 8.91/767)	33	86	UNBC	Kelowna	09.14.19
	W90	3975	MYRTLE ACTON (20.47/858, 6.58/917, 15.21/839, 11.59/642, 6.95/719)	33	90	UNBC	Langley, BC	08.11.23
	W95	3967	OLGA KOTELKO (14.92/791, 4.91/830, 11.75/812, 9.64/673, 6.41/861)	19	95	GREY	Kamloops, BC	05.16.14

PENTATHLON	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W40	2072	OLESEA CHITUL (16.77/, 1.1/384, 1.21/399, 7.71/438, 3.69, 0.5/312, 2:50.45/539)	75	43	GREY	Surrey, BC	08.03.18
	W45	3387	BECKY WILLIS (14.32/749, 1.49/818, 8.93/580, 4.67/665, 2:53.90/575)	48	48	UNBC	Eugene, OR	08.21.96
	W50	3245	SUNNETTE LESSING (15.07 -1.2/718, 1.45/867, 8.70/520, 4.47 -0.1/688, 3:14.17/452)	68	51	UNBC	Toronto, ON	07.18.19
	W55	2793	MARGARET RHEBERGEN (16.70, 0.3/594, 1.26/689, 6.52/403, 3.52, nwi/443, 3:28.52/405)	55	59	KAML	Kamloops, BC	09.11.14
	W60	3172	CINDY O'BRIEN HIGH (15.05 -0.2/880, 1.20/689, 7.15/508, 3.83 1.3/640, 3:32.37/455)	58	63	GREY	Burnaby, BC	06.19.22
	W65	2607	SANDY ANDERSON (18.81 +0.0/530, 1.19/771, 8.17/674, 2.81 +2.1/340, 4:06.02/292)	40	68	OACS	Spokane, WA	08.07.08
	W70	2694	CHRISTA BORTIGNON (20.76 (-0.7)/448, 1.06/655, 5.92/519, 3.36 (0.6)/640, 3:58.68/432)	37	74	UNBC	Berea, OH	07.28.11
	W75	3626	CHRISTA BORTIGNON (19.71 0.7/683, 1.09/806, 7.58/633, 3.48 1.7/816, 3:39.57/688)	37	75	UNBC	Saint John, NB	08.09.12
	W80	3277	CHRISTA BORTIGNON (20.12, 1.1/825, 0.97/678, 6.34/598, 2.97, 0.0/697, 4:25.23/479)	37	81	UNBC	Surrey, BC	08.03.18

HEPTATHLON	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W40	2270	MARINA KHRISANOVA (Researching...)	79	43	GREY	Surrey, BC	08.28.22
	W45	2580	OLESEA CHITUL (17.55(0.0)/366, 1.16/409, 7.63/477, 33.30(0.0)/393, 3.33(0.0)/272, 16.48/300, 3:16.12/363)	75	47	UNBC	Surry, BC	08.28.22
	W50	4056	SUNNETTE LESSING (14.34 (0.0)/815, 1.36/736, 9.53/581, 31.20 (0.0)/614, 4.23,0.2/606, 17.74/334, 3:23.61/370)	68	53	UNBC	Surrey, BC	08.08.21

WOMENS OUTDOOR TRACK + FIELD RECORDS | MASTERS

BC Athletics is pleased to recognize the accomplishments of our athletes through the BC Athletics Provincial Records program. This document is updated once per season. BC Athletics maintains a list of pending records throughout the year. Please note that records remain a work in progress. For any questions, comments or corrections, please contact garrett.collier@bcathletics.org.



HEP cont.	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W55	3492	DEBRA LACHANCE	68	55	GREY	Coquitlam, BC	08.04.24
			(16.79 (0.0)/584, 1.10/470, 6.84/428, 31.86 (0.0)/659, 3.55 (-0.2)/454, 17.07/364, 3:13.94/533)					
	W60	4400	CINDY O'BRIEN HUGH	58	64	GREY	Surrey, BC	08.28.22
			(14.77(0.0)/917, 1.22/724, 7.43/533, 32.39(0.3)/718, 3.70(0.3/589, 16.53/401, 3:24.98/518)					
	W65	4910	CINDY O'BRIEN HUGH	58	65	GREY	Coquitlam, BC	08.04.24
			(15.04 (0.0)/968, 1.25/867, 7.58/616, 32.12 (0.0)/838, 3.52 (0.0)/609, 17.44/492, 3:35.33/520)					
	W70	4003	CHRISTA BORTIGNON	37	74	UNBC	Sacramento, CA	07.07.11
			(20.20 (-0.2)/498, 1.09/701, 6.20/550, 34.68 (1.0)/768 & 3.33 (2.7)/626, 10.33/301, 3:42.20/559)					
	W75	5098	CHRISTA BORTIGNON	37	76	UNBC	Turin, ITA	08.29.13
			(18.26(0.1)/832, 1.09/806, 7.35/610, 34.23(-1.4)/906 & 3.49(-0.8)/819, 16.30/539, 3:52.03/586)					
	W85	3631	CHRISTA BORTIGNON	37	85	UNBC	Surrey, BC	08.28.22
			(DNF/0, 0.95/747, 6.00/670, 40.20 (0.3)/830, 3.03 (0.0)/940, 10.20/444, DNF/0)					

DECATHLON	AGE	RECORD	ATHLETE	YOB	AGE	CLUB	LOCATION	DATE
	W40	4232	LINDSEY KANARY	80	44	CXVC	Coquitlam, BC	08.04.24
			(15.02 (-0.7), 4.06 (1.5), 7.94, 1.32, 1:13.56 & 15.27 (0.0), 17.95, 2.57, 17.50, 6:33.61)					
	W45	3387	OLESEA CHITUL	75	49	UNBC	Coquitlam, BC	08.04.24
			(15.71 (-0.7), 3.33 (0.5), 7.39, 1.14, 1:17.26 & 18.84 (0.0), 18.76, 0, 19.08, 6:27.83)					
	W55	6090	SUNNETTE LESSING	68	56	UNBC	Coquitlam, BC	08.04.24
			(14.85 (-0.7), 4.33 (0.0), 9.42, 1.47, 1:27.35 & 13.98 (0.0), 22.90, 2.27, 19.16, 8:10.58)					
	W60	3036	NOLA HENDRIE	55	60	NTFC	Shoreline, WA	08.07.16
			(18.30/-0.9, 13.76, 1.65, 13.30,1:44.24 & 21.00/-0.4, 2.91/0.5, 5.96, 0.99, 8:32.71)					
	W65	4413	SANDY ANDERSON	40	69	OACS	Shoreline, WA	08.16.09
			(17.94 w-0.5, 18.60, 1.60, 19.38, 1:55.27 & 19.34 w-0.4, 2.65 w 0.4, 7.48, 1.18, 8:41.06)					