

Women								
Event	Name	YOB	Performance	Wind	Date	Location	Club	Branch
100m	Angela Bailey	1962	10.98		0.8 06.07.87	Budapest, HUN	Etobicoke Huskies Striders	Ontario
200m	Crystal Emmanuel	1991	22.50		0.0 18.07.17	Cork City, IRE	Flying Angels Athletics	Ontario
400m	Marita Payne (Wiggins)	1960	49.91		06.08.84	Los Angeles, USA	Scarborough Optimists	Ontario
	Jillian Richardson	1965	49.91		25.09.88	Seoul, KOR	Calgary Spartans	Alberta
800m	Melissa Bishop	1988	1:57.02		20.08.16	Rio de Janeiro, BRA	Ottawa Lions	Ontario
1000m	Diane Cummins	1974	2:34.14		30.08.02	Brussels, BEL	PACS	British Columbia
1500m	Lynn Williams	1960	4:00.27		14.08.85	Brussels, BEL	VRTC	British Columbia
1 mile	Leah Pells	1964	4:23.28		14.08.96	Zurich, SUI	UNA	British Columbia
2000m	Angela Chalmers	1963	5:34.49		04.09.94	Sheffield, GBR	VRTC	British Columbia
3000m	Angela Chalmers	1963	8:32.17		23.08.94	Victoria, CAN	VRTC	British Columbia
5000m	Courtney Babcock	1972	14:54.98		30.08.03	Paris, FRA	MTWT	British Columbia
10,000m	Natasha Wodak	1981	31:41.59		02.05.15	Stanford, USA	PIHR	British Columbia
20,000m	Unclaimed*							
25,000m	Unclaimed*							
30,000m	Unclaimed*							
1 hour	JoAnn McKinty	1952	14,646m		04.05.74	North Bay, CAN		Ontario
100mH	Perdita Felicien	1980	12.46		0.7 19.06.04	Eugene, USA	UNA	Ontario
400mH	Rosey Edeh	1966	54.39		30.07.96	Atlanta, USA	UNA	Quebec
3000m SC	Geneviève Lalonde	1991	9:29.99		11.08.19	London, GBR	Speed River NB	New Brunswick
HJ	Debbie Brill	1953	1.98m		02.09.82	Rieti, ITA	VOCA	British Columbia
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PV	Alysha Newman	1994	4.75m		01.09.17	Brussels, BEL	Bolton Pole Vault	Ontario
	Alysha Newman	1994	4.75m		27.08.17	Beckum, GER	Bolton Pole Vault	Ontario
LJ	Christabel Nettey	1981	6.99m		0.8 29.05.15	Eugene, USA	UNA	British Columbia
TJ	Tabia Charles	1985	13.99m		0.6 03.07.10	Eugene, USA	Elite Edge	Ontario
SP	Brittany Crew	1994	18.58m		20.05.17	Tucson, USA	SISU Throws Club	Ontario
DT	Carmen Ionesco	1951	62.72m		23.08.79	Montreal, CAN	École sportive spéciale d'athl	Quebec
HT	Sultana Frizell	1984	75.73m		22.05.14	Tucson, USA	Ottawa Lions	Ontario
JT	Liz Gleadle	1988	64.83m		10.05.15	Kawasaki, JPN	Chinook	Alberta
Decathlon	Unclaimed*							
Heptathlon	Brianne Theisen-Eaton	1988	6808	-0.2; +1.4; +0.9	30-31.05.15	Gotzis, AUT	UNA	Saskatchewan
			13.05 (-0.2), 1.89m, 13.73m, 23.34 (+1.4) / 6.72m (+0.9), 42.96m, 2:09.37					
3000m Race Walk	Alison Baker	1964	12:50.42		24.07.93	North York, CAN	Hamilton Olympic	Ontario
5000m Race Walk	Rachel Seaman	1986	21:27.39		13.06.15	Chula Vista, USA	Ontario Racewalkers	Ontario
10,000m Race Walk	Rachel Seaman	1986	44:16.98		04.07.15	Edmonton, CAN	Ontario Racewalkers	Ontario
30,000m Race Walk	Unclaimed*							
50,000m Race Walk	Unclaimed*							
2 hours Race Walk	Unclaimed*							
Relays								
4 x 100m Relay	Canada		42.60		29.08.15	Beijing, CHN		(Crystal Emmanuel, Kimberly Hyacinthe, Isatu Fofanah, Khamica Bingham)
4 x 200m Relay	Canada		1:33.40		24.04.04	Philadelphia, USA		(Foy Williams, Lyndsey Lochhead, Erica Witter, Daniella Vega)
4 x 400m Relay	Canada		3:21.21		11.08.84	Los Angeles, USA		(Charmaine Crooks, Jillian Richardson, Molly Killingbeck, Marita Payne)
4 x 800m Relay	Canada		8:14.85		27.04.13	Philadelphia, USA		(Melissa Bishop, Karine Belleau-Belliveau, Diane Cummins, Lemlem Bereket)
4 x 1500m Relay	Canada		18:10.75		27.04.01	Philadelphia, USA		(Merissa Sexsmith, Rebecca Stallwood, Karin Lockhart, Megan Metcalfe)
Distance Medley Relay	Unclaimed							
Race Walking (road)								
5km Race Walk	Alison Baker	1964	21:34		10.05.92	L'Hospitalet, ESP	North York Top Form	Ontario
10km Race Walk	Janice McCaffery	1959	44:26		11.05.96	Eissenhüttenstadt, GER	Calgary Track West	Alberta
20km Race Walk	Rachel Seaman	1988	1:29:54		15.03.15	Nomi, JPN	Ontario Racewalkers	Ontario
30km Race Walk	Unclaimed*							
50km Race Walk	Micheline Daneau	1960	5:02:55		17.05.92	West Long Beach, USA	Laval Olympique	Quebec
Road Running								
5km	Émilie Mondor	1981	15:16		24.10.04	Chula Vista, USA	Montréal Olympique	Quebec
8km	Natasha Fraser (Wodak)	1981	25:28		13.01.13	Saanichton, CAN	PIHR	British Columbia
10km	Lynn Williams	1960	31:44		11.03.89	Orlando, USA	VRTC	British Columbia
15km	Nancy Tinari	1959	48:53		21.11.87	Monaco, MON		British Columbia
20km	Lanni Marchant	1984	1:07:21		26.03.16	Cardiff, GBR	London Western TFC	Ontario
Half Marathon	Lanni Marchant	1984	1:10:47		08.03.14	Nashville, USA	London Western TFC	Ontario
25km	Danuta Bartoszek	1961	1:28:32		08.05.93	Grand Rapids, USA		Ontario
30km	Krista DuChene	1977	1:44:03		20.10.13	Toronto, CAN		Ontario
	Lanni Marchant	1984	1:44:03		20.10.13	Toronto, CAN	London Western TFC	Ontario
Marathon	Lanni Marchant	1984	2:28:00		20.10.13	Toronto, CAN	London Western TFC	Ontario
100km	Julie Hamulecki	1980	8:06:35		27-11-16	Los Alcazares, ESP		Not a member
Road Relay (Ekiden)	Unclaimed*							
Best Performances for Other Events (not currently recognized for records)								
Track								

