

Women U 20 Outdoor								
Event	Name	YOB	Performance	Wind	Date	Location	Club	Branch
100m	Angela Bailey	1962	11.21	0.0	15.08.81	Ciudad Bolivar, VEN	University of Toronto TC	Ontario
200m	Angela Bailey	1962	22.86	0.0	15.08.81	Ciudad Bolivar, VEN	University of Toronto TC	Ontario
400m	Jillian Richardson	1965	51.85		25.07.84	Walnut, USA	York University Optimists	Ontario
800m	Glenda Reiser	1955	2:03.17		19.08.73	Moscow, RUS	Ottawa Kinsmen Harriers	Ontario
1000m	Glenda Reiser	1955	2:41.4h		04.07.73	Montreal, CAN	Ottawa Kinsmen Harriers	Ontario
1500m	Glenda Reiser	1955	4:06.71		04.09.72	Munich, GER	Ottawa Kinsmen Harriers	Ontario
1 mile	Glenda Reiser	1955	4:35.13		15.09.73	London, GBR	Ottawa Kinsmen Harriers	Ontario
2000m	Sophie Sigstad	2000	6:06.59		08.08.15	Ste-Therese, CAN	Edmonton Harriers	Alberta
3000m	Brenda Shackleton	1967	9:12.39		16.08.85	Saint John, CAN	Kelowna TFC	British Columbia
5000m	Branna MacDougall	1998	15:48.80		23.07.16	Bydgoszcz, POL	Physi-Kult	Ontario
10,000m	Lisa Harvey	1970	33:46.34		22.04.89	Walnut, USA	Calgary Spartans	Alberta
100mH	Karen Nelson	1963	13.32	1.6	07.10.82	Brisbane, AUS	Scarborough Optimists	Ontario
400mH	Donalda Duprey	1967	56.55		28.07.86	Edinburgh, GBR	Saugeen TFC	Ontario
2000m SC	Catherine Beauchemin	1998	6:33.44		31.07.17	Quebec City, CAN	C.A. Université Laval	Quebec
3000m SC	Charlotte Prouse	1997	9:44.62		22.07.16	Bydgoszcz, POL	London Legion TFC	Ontario
HJ	Wanita Dykstra	1975	1.92m		06.08.93	North York, CAN	Niagara Regional Athletics	Ontario
PV	Alysha Newman	1994	4.40m		25.08.13	Medellin, COL	Bolton Pole Vault	Ontario
LJ	Karen Nelson	1963	6.50m	1.6	04.07.82	Celje, SLO	Scarborough Optimists	Ontario
TJ	Tabia Charles	1985	13.43m	1.0	03.04.04	Austin, USA	Westview Legends	Ontario
SP	Lucette Moreau	1956	16.96m		16.10.75	Mexico City, MEX	Montréal-International	Quebec
DT	Gabrielle Rains	1998	53.10m		17.03.17	Coral Gables, USA	Throw It TC	Alberta
HT	Camryn Rogers	1995	63.42m		23.07.17	Lima, PER	Kajaks	British Columbia
JT	Brittni Wolczyk	1997	53.67m		17.06.16	Burnaby, CAN	Unattached	British Columbia
Decathlon	Unclaimed							
Heptathlon	Nina Schultz	1998	6021	-0.5, +1.8, 0.0	06-07.04.17	Tucson, USA	Vancouver Olympic Club	British Columbia
			13.83 (-0.5), 1.75, 12.19, 24.43 (+1.8), 6.04 (0.0), 46.09, 2:18.75					
3000m Race Walk	Lora Rigutto	1968	13:32.40		21.06.87	North York, CAN	Brockville Legion	Ontario
5000m Race Walk	Tina Poitras	1970	23:34.1 ht		27.08.89	Prescott, CAN	Stade Hullois Olympique	Quebec
10,000m Race Walk	Lora Rigutto	1968	49:15.24		24.10.87	Prescott, CAN	Brockville Legion	Ontario
Relays								
4 x 100m Relay	Canada Junior		44.77		23.07.10	Moncton, CAN	Canada	
	Crystal Emmanuel	1991						
	Janelle Bell-Spence	1992						
	Leah Walkeden	1993						
	Loudia Laarman	1991						
4 x 200m Relay	University of Toronto TC		1:38.53		22.06.97	North York, CAN	University of Toronto TC	Ontario
	Krissy Liphardt	1980						
	Shelley-Ann Brown	1980						
	Leia Ince-Mercer	1980						
	Jennifer Mayhue	1978						
4 x 400m Relay	Canada Junior		3:32.25		24.07.16	Bydgoszcz, POL	Canada	
	Xahria Santiago	1999						
	Ashlan Best	1999						
	Natasha MacDonald	1997						
	Victoria Tachinski	1999						
4 x 800m Relay	Newmarket Huskies		9:06.83		26.07.09	Timmins, CAN	Newmarket Huskies	Ontario
	Kirsten Stewart	1992						
	Brigid Callaghan	1993						
	Natalia Hawthorn	1995						
	Caleigh Glenn	1992						
Race Walking (road)								
5km Race Walk	Unclaimed							
10km Race Walk	Rachel Lavallee	1986	47:37		08.05.05	Lima, PER	Peterborough Legion	Ontario
20km Race Walk	Unclaimed							
Road Running								
5km	Branna MacDougall	1998	16:23		10.09.17	Yorkville, CAN	Physi-Kult	Ontario
8km	Unclaimed							
10km	Sylvia Ruegger	1961	33:51		04.10.80	Toronto, CAN	Etobicoke Huskies / Striders	Ontario
Best Performances for Other Events (not currently recognized for records)								
Track								
300m	No Known Performance							
2 Miles	No Known Performance							
Field								
Race Walking								
1500m Race Walk	Rebecca Lavallee	1983	6:55.86		13.08.00	Calgary, CAN	Peterborough Legion	Ontario
Road Running								
4 Miles	No Known Performance							
12km	No Known Performance							
10 Miles	No Known Performance							
Relays								
4 x 1500m Relay	No Known Performance							
Distance Medley Relay	Ottawa Lions		12:18.85		01.07.07	Ottawa, CAN	Ottawa Lions	Ontario
	Jennie Biewald	1988						
	Rachel Aubrey	1990						
	Melissa Bishop	1988						
	Danelle Woods	1989						

* Updates or claims for new records / best performance recognition should be sent to Tim Berrett at tim@caminata.ca