

			NAME	YEAR	PERF.	DATE	LOCATION
SENIOR	1	ESTHER MEDEMA	1971	12.31	29-Jun-96	KELOWNA	
WOMEN	2	SUSAN HUMBKE	1972	12.37	18-Jul-93	CALGARY	
100M							
SENIOR	1	CANDICE JONES	1973	24.44	30-Jul-94	VICTORIA	
WOMEN	2	ASHLEY PATTERSON	1987	24.73	7-Apr-07	OGDEN	
200M	3	ESTHER MEDEMA	1971	25.15	22-Mar-95	MAR DEL PLATA	
	4	SUSAN HUMBKE	1972	25.35	18-Jul-93	CALGARY	
	5	VICKY LYNCH	1970	26.56	22-Jun-91	CALGARY	
SENIOR	1	ASHLEY PATTERSON	1987	55.31	12-May-07	SAN DIEGO	
WOMEN	2	CANDICE JONES	1973	55.39	30-Jul-94	VICTORIA	
400M	3	TANYA WRIGHT	1981	56.86	30-Jun-01	KELOWNA	
	4	VICKY LYNCH	1970	57.12	18-Jun-94	CALGARY	
	5	JEN KEMP	1983	57.43	16-Apr-05	LONG BEACH	
	6	RAELEEN HUNTER	1987	57.75	7-Jul-07	CALGARY	
SENIOR	1	VICKY LYNCH	1970	2:03.40	5-Jun-92	AUSTIN	
WOMEN	2	JENNY KEMP	1983	2:05.09	31-May-03	FAIRFAX	
800M	3	TANYA WRIGHT	1981	2:05.31	27-Apr-01	DES MOINES	
	4	RAELEEN HUNTER	1987	2:06.09	8-Jun-07	VANCOUVER	
	5	JENNY ZAWASKI	1977	2:18.53	13-Jul-99	SASKATOON	
	6	MEGGAN HODGE	1983	2:24.53	12-Apr-03	STARKVILLE	
	7	ESTHER MEDEMA	1971	2:29.59	30-Jul-94	VICTORIA	
	8	SHAY OSTAPOWICH	1976	2:41.58	29-Jun-96	KELOWNA	
SENIOR	1	VICKY LYNCH	1970	4:17.19	10-May-92	HOT SPRINGS	
WOMEN	2	JENNY KEMP	1983	4:21.30	14-Apr-05	MOUNT SAC	
1500M	3	TANYA WRIGHT	1981	4:29.51	6-May-04	HUNTSVILLE	
	4	GINELLE DEMONE	1998	4:30.91	23-Mar-18	TALLAHASSEE	
	5	MEGGAN HODGE	1983	4:40.77	19-Apr-03	FORT WORTH	
	6	PAULA FOLEY		6:27.11	3-Jul-95	KELOWNA	
	7	CAROL ZAWASKI		6:29.78	3-Jul-95	KELOWNA	
SENIOR	1	JEN KEMP	1983	10:06.77	3-Apr-04	OHIO	
WOMEN	2	MEGGAN HODGE	1983	10:14.57	22-May-03	STARKVILLE	
3000M	3	TANYA WRIGHT	1981	10:45.36	29-Jun-01	KELOWNA	
	4	SHAY OSTAPOWICH	1976	11:53.95	29-Jun-96	KELOWNA	
	5	LORI BROHMAN	1957	13:10.01	29-Jun-01	KELOWNA	
	6	CAROLE ZAWASKI	1957	13:22.78	2-Jul-95	KELOWNA	
	7	LORI NISHIYAMA	1958	13:43.02	30-Jun-00	KELOWNA	
	8	ENYD POMERLEAU	1962	13:54.11	30-Jun-98	KELOWNA	
	9	JACKIE LAIRD	1949	14:06.00	1-Jul-94	KELOWNA	
	10	MICHELLE KRAMPS	1970	14:23.83	30-Jun-98	KELOWNA	
SENIOR	1	MEGGAN HODGE	1983	17:21.90	2-Apr-03	PENN	
WOMEN	2						

5000M	3					
SENIOR	1	LINDSEY BERGEVIN	1989	1.8	16-May-09	CALGARY
WOMEN	2	MARIANNE BEYER	1960	1.70	2-Aug-85	OTTAWA
HIGH JUMP	3	KIRSTEN LINDBERG	1973	1.65	18-Jul-93	CALGARY
	4	ESTER MEDEMA	1971	1.65	7-May-94	TUCSON
	5	SHERI CAMPBELL	1987	1.65	3-Jun-07	VANCOUVER
SENIOR	1	ESTHER MEDEMA	1971	5.96	17-Jul-94	CALGARY
WOMEN	2	SUSAN HUMBKE	1972	5.43	7-May-94	TUCSON
LONG JUMP	3	KIRSTEN LINDBERG	1973	4.82	4-Jul-93	KELOWNA
SENIOR	1	ASHLEY PATTERSON	1987	11.82	2-May-07	OGDEN
WOMEN	2					
TRIPLE JUMP	3					
SENIOR	1	ESTHER MEDEMA	1971	12.27	21-May-94	CALGARY
WOMEN	2	KIRSTEN LINDBERG	1973	11.25	18-Jul-93	CALGARY
SHOT	3	MARIANNE BEYER	1960	10.30	2-Aug-85	OTTAWA
	4	LORETTA CAMPBELL	1970	10.21	16-Jun-90	RED DEER
	5	MICHELLE KRAMPS	1971	8.35	28-Jun-98	KELOWNA
	6	ENNYD POPMERLEAU	1962	6.57	28-Jun-98	KELOWNA
	7	CONNIE LUNDE	1963	6.39	29-Jun-97	KELOWNA
	8	ROSE LICKACZ	1953	4.71	28-Jun-98	KELOWNA
SENIOR	1	MARIANNE BEYER	1960	37.22	10-May-86	EDMONTON
WOMEN	2	KIRSTEN LINDBERG	1973	33.40	4-Jul-93	KELOWNA
DISCUS	3	MICHELLE KRAMPS	1971	21.88	28-Jun-98	KELOWNA
	4	ENNYD POMERLEAU	1962	15.88	28-Jun-98	KELOWNA
SENIOR	1	LORETTA CAMPBELL	1970	44.26	22-Jul-90	CALGARY
WOMEN	2	ESTHER MEDEMA	1971	39.16	29-Jun-96	KELOWNA
JAVELIN	3	MARIANNE BEYER	1960	32.08	10-May-86	EDMONTON
	4	MICHELLE KRAMPS	1971	30.18	28-Jun-98	KELOWNA
	5	KIRSTEN LINDBERG	1973	29.30	18-Jul-93	CALGARY
	6	SHAY OSTAPOWICH	1976	23.38	29-Jun-96	KELOWNA
SENIOR	1	ENNYD POMERLEAU	1962	21.	28-Jun-98	KELOWNA
WOMEN	2	MICHELLE KRAMPS	1971	18.9	29-Jun-97	KELOWNA
HAMMER	3					
SENIOR	1	ESTHER MEDEMA	1971	13.34	17-Jun-95	CALGARY
WOMEN	2	SUSAN HUMBKE	1972	16.07	4-Jul-93	KELOWNA
100M HURDLES	3	KIRSTEN LINDBERG	1973	16.73	4-Jul-93	KELOWNA
	4	MARIANNE BEYER	1960	17.7	2-Aug-85	OTTAWA
SENIOR	1	MEGGAN HODGE	1983	10:46.04	15-May-05	NASHVILLE
WOMEN	2					
3000M STEEPLE	3					