

FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
YOUTH	1	JANICE ZAWASKI	1982	12.48	28-Jun-98	KELOWNA
100M	2	TATYJANIA KHOUNVISET	1998	12.52	6-Jun-15	LETHBRIDGE
	3	ASHLEY PATTERSON	1987	12.79	30-Jun-03	KELOWNA
	4	BREANNE CARTER	1988	12.83	18-Jun-05	CALGARY
	5	KELSEY RICHARD	1992	13.11	5-Jun-09	CALGARY
	6	CARLE EVANS	1984	13.22	30-Jun-01	KELOWNA
	7	CHRISTI FERGUSON	1970	13.25	6-Aug-87	SHERWOOD PARK
	8	MADISON STEPHAN	1997	13.25	7-Jun-14	CALGARY
	9	REBECCA PRICE	1993	13.45	27-Jun-09	KELOWNA
	10	ERIKA OSWALD	1990	13.53	30-Jun-07	KELOWNA
	11	LISA SHANTZ	1964	13.64	10-May-80	OKOTOKS
	12	JENNY ZAWASKI	1977	13.72	1-Jul-94	KELOWNA
	13	SARAH FALK	1980	13.73	29-Jun-96	KELOWNA
	14	MELANIE HALWA	1982	13.79	15-Jul-98	CALGARY
	15	KEIKO KOIZUMI	2003	13.83	21-Jul-19	SHERWOOD PARK
	16	VANESSA BARR	1993	13.86	9-May-09	ST. ALBERT
	17	BRITTANY THOMAS	1988	13.87	25-Jun-04	CALGARY
	18	COLLETTE GOUDREAU	1973	13.89	16-Jun-90	RED DEER
	19	RAELEEN HUNTER	1987	13.92	3-May-03	LETHBRIDGE
	20	ERIN WALLACE	1980	14.09	29-Jun-96	KELOWNA
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
YOUTH	1	JANICE ZAWASKI	1982	24.90	20-Jun-98	CALGARY
200M	2	TATYJANIA KHOUNVISET	1998	25.32	26-Jul-14	AIRDRIE
	3	ASHLEY PATTERSON	1987	25.75	4-Jun-04	CALGARY
	4	BREANNE CARTER	1988	26.33	19-Jun-04	CALGARY
	5	BARB DROLET	1972	26.50	10-Jun-89	CALGARY
	6	CARLE EVANS	1984	26.53	2-Jun-01	EDMONTON
	7	NATASHA SMALLWOOD	1996	26.84	1-Jun-12	EDMONTON
	8	KELSEY RICHARD	1992	26.89	5-Jun-09	CALGARY
	9	AMANDA LALONDE	1989	27.01	16-May-06	EDMONTON
	10	ERIKA OSWALD	1990	27.07	28-Jul-06	RED DEER
	11	REBECCA PRICE	1993	27.12	27-Jun-09	KELOWNA
	12	MADISON STEPHAN	1997	27.12	6-Jun-14	CALGARY
	13	NICOLLE HARYSH	1995	27.23	3-Jul-11	KELOWNA
	14	RAELEEN HUNTER	1987	27.30	25-May-03	ST. ALBERT
	15	DEANNA MONSON	1971	27.47	1-Jul-88	CALGARY
	16	CHELSY LINK	1979	27.55	27-May-95	ST. ALBERT
	17	JENNY ZAWASKI	1977	27.68	17-Jul-94	CALGARY
	18	CHANTELL WIDNEY	1979	27.87	7-Jun-96	EDMONTON
	19	BRITTANY THOMAS	1988	28.35	19-Jun-04	CALGARY
	20	KEIKO KOIZUMI	2003	28.47	22-Jul-19	SHERWOOD PARK

FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
YOUTH	1	JANICE ZAWASKI	1982	55.47	25-Jul-98	CALGARY
400M	2	TATYJANIA KHOUNVISET	1998	56.33	4-Jul-14	STE. THERESE
	3	TANYA WRIGHT	1981	56.35	18-Aug-97	BRANDON
	4	ASHLEY PATTERSON	1987	56.86	24-Jul-04	SASKATOON
	5	GINELLE DEMONE	1998	57.56	30-May-15	ST. ALBERT
	6	RAELEEN HUNTER	1987	58.53	25-Jun-04	CALGARY
	7	VICKY LYNCH	1970	58.59	27-Jun-87	EDMONTON
	8	JENNIFER KEMP	1983	58.59	29-Jul-00	EDMONTON
	9	BRYNN HEBERT	2002	58.73	1-Jul-18	KELOWNA
	10	NATASHA SMALLWOOD	1996	58.74	27-Jul-12	LETHBRIDGE
	11	CARLE EVANS	1984	59.32	13-Jul-01	CALGARY
	12	BARB DROLET	1972	60.11	10-Jun-89	CALGARY
	13	AMANDA LALONDE	1989	60.37	15-Jul-06	CALGARY
	14	JENNY ZAWASKI	1977	60.42	1-Jul-94	KELOWNA
	15	NICOLLE HARYSH	1995	61.11	12-Jun-11	CALGARY
	16	CARA GIBSON	1977	61.59	4-Jul-93	KELOWNA
	17	DEBBIE FOSTER	1978	61.73	17-Jul-94	CALGARY
	18	JENNY VAN KEMPEN	1982	61.78	30-May-98	ST. ALBERT
	19	TANYA ANDERSON	1971	62.01	6-Aug-87	SHERWOOD PARK
	20	ALANA MORTON	1990	62.02	1-Jul-06	KELOWNA
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
YOUTH	1	TANYA WRIGHT	1981	2:07.39	12-Jul-97	ABBOTSFORD
800M	2	GINELLE DEMONE	1998	2:07.94	9-Aug-15	STE. THERESE
	3	JENNY KEMP	1983	2:08.18	26-Jun-99	KELOWNA
	4	VICKY LYNCH	1970	2:09.42	18-Jul-87	PULLMAN
	5	BRYNN HEBERT	2002	2:13.88	23-Jun-18	EDMONTON
	6	NATASHA SMALLWOOD	1996	2:15.78	14-Jul-12	MEDICINE HAT
	7	JOELLE STENGER	1988	2:16.01	8-Jul-05	MONTREAL
	8	RAELEEN HUNTER	1987	2:16.42	5-Jul-04	CALGARY
	9	CHRISTINE ZAWASKI	1980	2:16.77	29-Jun-96	KELOWNA
	10	TATYJANIA KHOUNVISET	1998	2:17.38	16-Aug-14	LANGLEY
	11	JENNY VAN KEMPEN	1982	2:18.48	15-Jul-98	CALGARY
	12	ALYCIA SWANSON	1998	2:20.94	21-May-14	EDMONTON
	13	BARB DROLET	1972	2:21.12	3-Jul-88	CALGARY
	14	ADRIA SNOWDON	1986	2:22.36	15-Jun-02	CALGARY
	15	MADDY OXTON	1997	2:22.52	20-Jul-13	SHERWOOD PARK
	16	HALEY KEIRSTEAD	1999	2:22.93	6-Jun-15	LETHBRIDGE
	17	DEANNA MONSON	1971	2:23.29	1-Aug-87	KELOWNA
	18	AMANDA LALONDE	1989	2:24.74	8-Jul-06	EDMONTON
	19	TANYA ANDERSON	1971	2:25.27	13-Jun-87	CALGARY
	20	CHANTELL WIDNEY	1979	2:25.48	21-Jul-95	CALGARY

FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
YOUTH	1	JENNY KEMP	1983	4:34.08	26-Jun-99	KELOWNA
1500M	2	TANYA WRIGHT	1981	4:34.68	30-Jun-98	KELOWNA
	3	GINELLE DEMONE	1998	4:35.30	15-Aug-14	LANGLEY
	4	MEGHAN METCALFE	1982	4:36.79	12-Aug-99	SUDBURY
	5	CHRISTINE ZAWASKI	1980	4:41.49	29-Jun-96	KELOWNA
	6	JOELLE STENGER	1988	4:43.20	8Aug-04	SUDBURY
	7	JENNY VAN KEMPEN	1982	4:48.60	12-Aug-99	SUDBURY
	8	VICKY LYNCH	1970	4:48.68	9-Aug-86	SUDBURY
	9	BRYNN HEBERT	2002	4:49:02	20-Jul-18	GRANDE PRAIRIE
	10	ALYCIA SWANSON	1998	4:53.83	21-May-14	EDMONTON
	11	STEPHANIE AITKEN	1977	4:56.43	30-Jun-03	KELOWNA
	12	TANYA ANDERSON	1971	4:58.73	11-Jul-87	EDMONTON
	13	MADDY OXTON	1997	4:59.29	20-Jul-13	SHERWOOD PARK
	14	MEGAN HODGE	1983	5:09.65	30-Jun-00	KELOWNA
	15	TARA LABRANCHE	1985	5:10.91	9-Jun-01	EDMONTON
	16	KAILAN PAUL	1988	5:13.30	25-Jun-04	CALGARY
	17	NATASHA SMALLWOOD	1996	5:13.90	2-Jun-12	ST. ALBERT
	18	RILEY LAFORGE	1994	5:15.53	3-Jul-10	KELOWNA
	19	SHAY OSTAPOWICH	1976	5:16.70	27-Jun-93	RED DEER
	20	KYLA CUNNINGHAM	1977	5:18.10	4-Jul-93	KELOWNA
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
YOUTH	1	MEGHAN METCALFE	1982	09:45.92	2-Jul-99	VANCOUVER
3000M	2	CHRISTINE ZAWASKI	1980	10:09.71	9-Aug-97	MOUNT PEARL
	3	JOELLE STENGER	1988	10:36.49	2-Jul-04	KELOWNA
	4	STEPHANIE AITKEN	1987	10:38.40	30-Jun-03	KELOWNA
	5	MEGGAN HODGE	1983	11:05.70	30-Jul-00	EDMONTON
	6	JENNIFER KEMP	1983	11:05.80	30-Jun-00	KELOWNA
	7	ALYCIA SWANSON	1998	11:13.50	15-Jun-14	CALGARY
	8	GINELLE DEMONE	1998	11:24.39	31-May-14	ST. ALBERT
	9	TARA LABRANCHE	1985	11:30.55	30-Jun-01	KELOWNA
	10	KYLA CUNNINGHAM	1977	11:46.08	4-Jul-93	KELOWNA
	11	RILEY LAFORGE	1994	12:13.13	3-Jul-10	KELOWNA
	12	GEORGIANNA JEFFERYS	1989	12:15.18	1-Jul-05	KELOWNA
	13	BRETT FOLEY	1982	12:17.19	30-Jun-98	KELOWNA
	14	CHANTELL WIDNEY	1979	12:17.37	29-Jun-96	KELOWNA
	15	MELANIE FYFE	1982	12:24.35	30-Jun-98	KELOWNA
	16	SIERRA HALWA	1997	12:26.14	21-May-14	EDMONTON
	17	CHRISTINE SIMARD	1996	12:45.17	23-May-12	EDMONTON
	18	CHARLOTTE SINCLAIR	1988	12:52.86	11-Jun-05	LETHBRIDGE
	19	CARLEEN HARVEY	1978	12:56.88	2-Jul-95	KELOWNA
	20	ANGIE MACDONALD	1983	14:51.92	30-Jun-00	KELOWNA

FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
YOUTH	1	DEANNA MONSON	1971	1.67	13-Aug-87	REGINA
HIGH JUMP	2	KELSEY RICHARD	1992	1.64	9-Aug-08	MEDICINE HAT
	3	TERRI ANN SANDERS	1977	1.60	15-Aug-93	SASKATOON
	4	LINDSEY BERGEVIN	1989	1.60	15-Jul-06	CALGARY
	5	SARINA PEEK	1998	1.50	26-Jul-14	AIRDRIE
	6	JODY ARBUCKLE	1976	1.45	31-Jul-92	CALGARY
	7	NATASHA SMALLWOOD	1996	1.40	27-Jul-12	LETHBRIDGE
	8	CINDY GLOECKER	1977	1.36	28-May-94	ST. ALBERT
	9	ARIELLE BOCK	1994	1.36	20-Jul-10	PEACE RIVER
	10	DARA LEE GEAKE	1970	1.35	6-Aug-87	SHERWOOD PARK
	11	GLADYS HICKEY	1962	1.35	20-May-78	PEACE RIVER
	12	JENNY ZAWASKI	1977	1.30	17-May-94	RED DEER
	13	DEB BORG	1962	1.30	20-May-78	PEACE RIVER
	14	CHANTELL WIDNEY	1979	1.30	20-May-95	CALGARY
	15					
	16					
	17					
	18					
	19					
	20					
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
YOUTH	1	TERRY ANN SANDERS	1977	5.21	28-May-94	ST. ALBERT
LONG JUMP	2	JENNY WILLOWS	1970	5.09	12-Jul-86	CALGARY
	3	BREANNE CARTER	1988	4.93	25-Jul-04	HIGH RIVER
	4	DEANNA MONSON	1971	4.89	25-Jun-88	SUDBURY
	5	LINDSEY BERGEVIN	1989	4.82	8-Jul-06	EDMONTON
	6	MELANIE HALWA	1982	4.78	25-Jul-98	CALGARY
	7	CARA GIBSON	1977	4.68	28-May-94	ST. ALBERT
	8	VANESSA HALWA	1979	4.62	3-Jul-95	KELOWNA
	9	VANESSA BARR	1993	4.60	9-May-09	ST. ALBERT
	10	RAELEEN HUNTER	1987	4.58	5-Jul-04	CALGARY
	11	JODY ARBUCKLE	1976	4.49	18-Jul-92	CALGARY
	12	REBECCA PRICE	1993	4.49	27-Jun-09	KELOWNA
	13	DARA LEE GEAKE	1970	4.45	6-Aug-87	SHERWOOD PARK
	14	LISA SHANTZ	1964	4.44	10-May-80	OKOTOKS
	15	JENNI MINCHAU	1978	4.41	28-May-94	ST. ALBERT
	16	CHANTELL WIDNEY	1979	4.40	29-Jun-96	KELOWNA
	17	CINDY GLOECKER	1977	4.40	28-May-94	ST. ALBERT
	18	JENNY ZAWASKI	1977	4.35	1-Jul-94	KELOWNA
	19	KEIKO KOIZUMI	2003	4.28	21-Jul-19	SHERWOOD PARK
	20	CHEYENNE GOH	1999	4.23	6-Jun-15	LETHBRIDGE

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FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
YOUTH	1	MEGAN HEBERT	2001	31.72	23-May-18	RED DEER
DISCUS	2	RENE DESNOYERS	1973	30.48	29-Jul-90	KELOWNA
	3	DEANNA MONSON	1971	30.08	11-Jul-87	EDMONTON
	4	DEBBIE STEVENS	1969	27.45	29-Jun-85	CALGARY
	5	LEONA GILLIS	1971	25.90	1-Jul-88	CALGARY
	6	CHANTELL WIDNEY	1979	25.12	3-Jul-95	KELOWNA
	7	KATIE SAMOIL	1986	25.07	4-May-02	LETHBRIDGE
	8	COLLETTE GOUDREAU	1973	24.66	16-Jun-90	RED DEER
	9	DEB BORG	1962	22.30	20-May-78	PEACE RIVER
	10	TERRI ANN SANDERS	1977	21.68	4-Jul-93	KELOWNA
	11	CHRISTINE VERCHOMIN	1966	20.62	16-May-82	OKOTOKS
	12	KYLA CUNNINGHAM	1977	20.42	4-Jul-93	KELOWNA
	13	LISE DOLEN	1963	19.14	21-Jul-79	CALGARY
	14	JENNI MINCHAU	1978	18.10	1-Jul-94	KELOWNA
	15	DENISE FILLENBERG	1964	15.54	10-May-80	OKOTOKS
	16					
	17					
	18					
	19					
	20					
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
YOUTH	1	LEONA GILLIS	1971	39.12	13-Aug-88	QUEBEC
JAVELIN	2	MEGAN HEBERT	2001	34.15	9-Jun-17	LEDUC
	3	DEANNA MONSON	1971	32.76	13-Aug-88	QUEBEC
	4	IZZY HJERTAAS	2002	31.56	30-Jun-18	KELOWNA
	5	TERRI ANN SANDERS	1977	27.98	1-Jul-94	KELOWNA
	6	CHANTELL WIDNEY	1979	27.10	15-Jul-95	CALGARY
	7	SHAY OSTAPOWICH	1976	25.88	24-Jul-93	CALGARY
	8	DENISE FILLENBERG	1964	24.94	10-May-80	OKOTOKS
	9	JENNIFER ZAWASKI	1977	24.30	4-Jul-93	KELOWNA
	10	CHRISTINE VERCHOMIN	1966	24.18	15-May-82	OKOTOKS
	11	WENDY ZOUBELES	1962	23.15	20-May-78	PEACE RIVER
	12	ARIELLE BOCK	1994	22.57	20-Jul-10	PEACE RIVER
	13	LISE DOLEN	1963	22.50	21-Jul-79	CALGARY
	14	DAWN SIEB	1962	21.07	20-May-78	PEACE RIVER
	15	TANYA WRIGHT	1981	20.92	28-Jun-98	KELOWNA
	16	ERIKA OSWALD	1990	20.80	1-Jul-06	KELOWNA
	17	KATIE SAMOIL	1986	19.58	25-May-03	ST.ALBERT
	18	BRETT FOLEY	1982	18.70	28-Jun-98	KELOWNA
	19	JENNI MINCHAU	1978	15.10	1-Jul-94	KELOWNA
	20	KYLA CUNNINGHAM	1977	14.18	4-Jul-93	KELOWNA

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FEMALE	1	BRYNN HEBERT	2002	7:09.85	13-Aug-18	BRANDON
2000M STEEPLE	2	MADDY OXTON	1997	7:27.99	11-Aug-13	LANGLEY
	3	CHRISTINE SIMARD	1996	8:55.05	1-Jul-12	KELOWNA
	4	KALYSTEN KROONEN	2001	9:09:37	29-Jun-18	KELOWNA
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
YOUTH	1	ERIKA OSWALD	1990	3049	18-Jul-06	CALGARY
HEPTATHLON	2	ARIELLE BOCK	1994	2610	20-Jul-10	PEACE RIVER
	3					
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
YOUTH	1	MEGAN HEBERT	2001	26.23	9-Jun-17	LEDUC
HAMMER	2	BRETT FOLEY	1982	19.70	28-Jun-98	KELOWNA
FEMALE		NAME	YEAR	PERF.	DATE	LOCATION
YOUTH	1	KATIE SAMOIL	1986	7:23.84	9-Aug-03	KITCHENER
1500M RACE WALK	2					
FEMALE	1	BRYNN HEBERT	2002	2.60	29-Jun-19	EDMONTON
YOUTH	2	MEGAN HEBERT	2001	2.45	30-Jun-18	KELOWNA
POLE VAULT	3	MADDY OXTON	1997	2.10	30-Jun-13	KELOWNA
FEMALE	1	MEGAN HEBERT	2001	13.61	23-May-18	RED DEER
SHOT 3K	2	ERIKA OSWALD	1990	9.88	19-May-07	CALGARY